

# Give Your Heart Some Love



**Ready to show your heart some love?** This Heart Health Month, explore Wellbeats Wellness for a variety of fitness, nutrition, and mind-body videos to help you on your journey to a healthier, happier you.

Explore some heart-friendly classes curated just for you from our Fitness, Nutrition, and Mind-Body pillars:

## **FITNESS:**



**Countdown to Fit**  
29 mins | ★ 4.8



**Power Circuits**  
22 mins | ★ 4.7

## **NUTRITION:**



**Breakfast: Start Your Day Right**  
2 mins | ★ 4.7



**Eat Better, Sleep Better**  
4 mins | ★ 4.7

## **MIND-BODY:**



**Balance in Focus**  
10 mins | ★ 4.7



**Mudra Meditation**  
10 mins | ★ 4.7

## Ready to show your heart some love?

Log into your Wellbeats *Wellness* account and participate in a class today!



Download the app  
on the App Store or  
Google Play

[portal.wellbeats.com](https://portal.wellbeats.com)  
[support@wellbeats.com](mailto:support@wellbeats.com)