



Wellness

Move with Heart



Your heart works hard for you every single day. This month, take a moment to return the favor. Explore ways to move with intention, fuel your body kindly, and reset your mind with support from Wellbeats *Wellness*.

Every little step counts; whether it's a moment of movement, a mindful pause, or a nourishing meal. These Wellbeats classes can help you bring more heart into your everyday routines.

Here are some supportive options from our Fitness, Nutrition, and Mind-Body pillars:



FITNESS

[Fun For The Heart](#)

Ahhhh...it's time to dance! Make some space, learn some new combos, and have a whole lot of fun while bringing some love to your heart!

[Lifting Your Heart](#)

Need a one-two punch in your training? This cardio and strength class brings together both types of training to get you fitter faster!



NUTRITION

[Breakfast: Start Your Day Right](#)

Start strong with simple, nutritious breakfast ideas to help fuel your morning and support overall wellbeing.

[Eat Better, Sleep Better](#)

Discover how nutrition and sleep work together — and learn tips for winding down with foods that promote rest and recovery.



MIND-BODY

[Meditation of the Heart](#)

Take your time to breath, slow down, and enjoy being present for a few moments. This meditation is designed to help release tension and bring some joy and rest to your heart and mind.

[Forgiveness Meditation](#)

Take a few moments to focus on forgiveness in our mind, heart, and life. It's so important to provide this element in our life, nurture it, and be able to share it with others.

Ready to show your heart some love?

Log into your [Wellbeats Wellness](#) account and participate in a class today!



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App Store or Google Play

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