Wellbeats
Wellness

Make Changes Today for a Healthier Tomorrow

Brought to you by Wellbeats *Wellness,*
a product of LifeSpeak, Inc.

Taking small steps can make a big difference when it comes to improving health and wellness. By making healthy lifestyle choices, such as increasing physical activity or eating healthy, you can help prevent or manage chronic disease.

Download the app on the App Store, Google Play, or Apple TV

portal.wellbeats.com

Here are four ways to help you make changes today for a healthier tomorrow:

LifeSpeak Inc.

Get Active

Regular physical activity increases your chances of living a longer, healthier life. Being more active can also help control your blood pressure, manage weight, strengthen bones and muscles, reduce your risk of disease, boost your mood, and improve brain health and overall wellbeing.

TAKE ACTION:

Aim for at least 150 minutes of moderate-intensity aerobic activity and two days of muscle-strengthening activity each week.

Try an aerobic activity on Wellbeats *Wellness:*

Fat Burn Cycle
35 mins | ★ 4.8

Steady State Aerobic
21 mins | ★ 4.7

Low Impact Cardio
20 mins | ★ 4.8

Try a muscle-strengthening activity on Wellbeats *Wellness:*

Strength Builder
20 mins | ★ 4.8

Rotate Your Body
30 mins | ★ 4.7

Biceps & Triceps
30 mins | ★ 4.7

Get Enough Sleep

Good sleep is essential for your health and overall wellbeing. Getting enough sleep allows your body to rest, repair, and restore, and can help improve memory and productivity, strengthen your immune system, and reduce stress.

TAKE ACTION:

Most adults need seven or more hours of good-quality sleep on a regular schedule.

Wind down and prepare for a good night's sleep with Wellbeats *Wellness:*

Bedtime Yoga
16 mins | ★ 4.7

Eat Better, Sleep Better
4 mins | ★ 4.7

Bedtime Meditation
9 mins | ★ 4.7

Eat Healthy

Following a healthy, balanced diet helps your body get the nutrients it needs to stay well and can help manage weight and lower your risk of certain chronic diseases. Making smart food choices can also help increase energy, improve concentration, and boost your mood.

TAKE ACTION:

Try a healthy recipe on Wellbeats *Wellness:*

Black Pepper Shrimp
6 mins | ★ 4.9

Veggie Scrambler
2 mins | ★ 4.6

Honey Glaze Ribs
8 mins | ★ 4.8

Learn more ways to improve your eating habits on Wellbeats *Wellness:*

Nourishing vs. Eating
9 mins | ★ 4.7

Cooking to Improve Gut Health
10 mins | ★ 4.7

What to Eat After a Workout
7 mins | ★ 4.7

Prioritize Mental Health

Stress is hard to avoid—but taking steps to prevent and manage stress has several benefits, including lowering your risk of disease, high blood pressure, and depression, as well as enhancing your mood, improving sleep, and reducing muscle tension.

TAKE ACTION:

Calm your mind with a meditation on Wellbeats *Wellness:*

Intro to Meditation
7 mins | ★ 4.6

Ocean Breath
27 mins | ★ 4.7

Mindful Meditation
17 mins | ★ 4.7

Sources:

Centers for Disease Control and Prevention, Office of Disease Prevention and Healthy Promotion, World Health Organization, American Psychological Association, and National Institutes of Health