



County of Monterey

New Benefit Coming Soon: Wellbeats

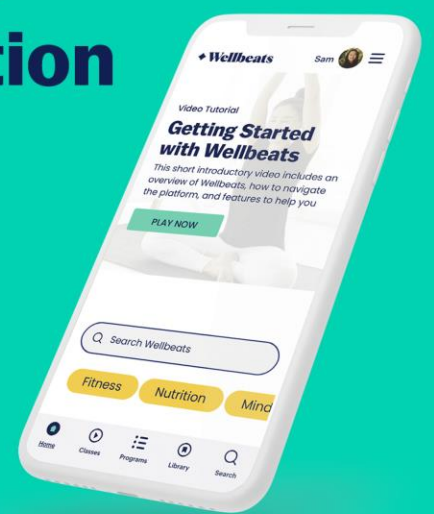
Starting March 20th, 2024, County of Monterey Employees will have exclusive, complimentary access to Wellbeats Wellness.

Wellbeats *Wellness*, a product of LifeSpeak Inc., is an on-demand video streaming platform with high quality, expert-led fitness, nutrition, and mindfulness classes you can play on your personal devices anytime, anywhere.

WHAT'S INCLUDED:

- 1,200+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests
- Classes such as yoga, strength training, HIIT, running/walking, meditation, mental wellness, healthy recipes, cycling, kickboxing, kids activities, and cooking education
- Goal-based programs with guided plans to keep you on track such as Get Started, Train Your Way to a 5K, Lose Weight, Build Strength, Daily Mobility, Healthy Back, Stress Less, and Nourish Your Everyday
- Short stretch breaks and exercises to recharge during the day
- Personalized class and program recommendations
- Personal statistics and automated reminders
- Social features to schedule classes, invite others to join, and chat in real time

Stay tuned
for more
information
coming
soon!



Note: Employee Wellbeing and Work-Life Resources Paid Leave. The paid leave time may be used during employees' regularly scheduled work hours. Employees must follow their department's workplace leave request procedure and receive supervisor approval before participating.

