



◆ Wellbeats

Wellness

As an Adelman employee, you have 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.

You can find many classes and programs to enhance your stepping experience by simply logging into the Wellbeats platform and typing “Walking” into the Search feature.

Below are a few class and healthy snack recipe links for you to check out:

- [Energizing Walk](#)
- [Endurance Run/ Walk](#)
- [Feel Good Walk](#)
- [Granola-Gone-Nutz.pdf](#)
- [No-Bake-Protein-Energy-Bites.pdf](#)
- [Lavender Lemonade.indd](#)

