

## “Move with Heart” 4-week Wellbeats Challenge!



Looking for an extra way to stay motivated with your fitness routine?

Wellbeats is your free, on-demand fitness and wellbeing benefit to help you find the time, space, and passion to work out and love it.

To help you get started, we recommend checking out Wellbeats' 4-week “Move with Heart” challenge. This challenge includes mood-boosting classes such as cardio, yoga, and strength training – all 30 minutes or less with minimal equipment (yoga mat/block optional). As an added option, receive guidance from the Getty Fitness Center staff.

Sign up for the challenge today by downloading the Wellbeats app or visiting the website portal at [portal.wellbeats.com](https://portal.wellbeats.com). Once logged in, select “Challenges” in the main menu, then “Move with Heart” challenge to get started!

Already logged in? Simply [select this link](#) to enroll in the Move with Heart challenge.

For any questions, please contact: [fitnesscenter@getty.edu](mailto:fitnesscenter@getty.edu).

The Wellbeats logo features the word "Wellbeats" in a bold, sans-serif font. The "W" is blue, and the remaining letters "ellbeats" are pink. A small trademark symbol (TM) is located at the top right of the word.