

byte-size WELLNESS ACADEMY

VIRTUAL WELLNESS LOUNGE

INFUSE YOUR WORKDAYS WITH ENERGY AND ENGAGEMENT!

ENERGY
BOOSTERS

VIDEO MICRO-BREAK LIBRARY



Fitness/Stretch Series
(4 videos)



Yoga Series
(12 videos)



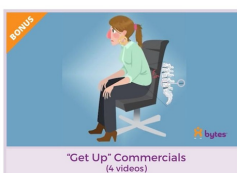
Mindfulness Series
(10 videos)



Social Icebreakers Series
(24 videos)



Deskercises Series
(4 videos)



"Get Up" Commercials
(4 videos)

BECOME A SELF-CARE SUPERSTAR



5-MINUTE VIDEO BREAKS: featuring Stretch, Deskercises, Yoga, Mindfulness & Breathing Practices, Social Icebreakers and "Get Up & Move" Commercials.

BYTE-SIZE WELLNESS ACADEMY: 5-minute video lessons and worksheets about self-care, healthy eating and sleep hygiene; wellness resource center

CLICK
HERE

**BOOK YOUR FREE VIRTUAL WELLNESS
CONSULT NOW!**

...and there's more!! ACTIONABLE DOWNLOADABLE RESOURCES



SELF-CARE TIP SHEETS

Healthy eating, yoga, breath work, desk and travel exercises



STARTER KITS & GUIDES

Curated resources to help employees make healthy choices, balance and manage **energy** - at work and in their busy everyday lives - a must for figuring out **life after lockdown**.



CERTIFICATES OF COMPLETION

8 beautifully designed certificates issued upon completion of each of the modules and mini-courses.



GAMEBOARDS / ROADMAPS

Helps employees navigate through the Virtual Wellness Lounge and create their own virtual wellness experience.