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FOR IMMEDIATE RELEASE

HealthFitness Announces New Partnership with WELLBEATS™

Partnership allows more employers to maximize their health and wellness programming with virtual fitness classes

MINNEAPOLIS September 19, 2016 HealthFitness, the leading provider of health management and corporate fitness solutions; and WELLBEATS, the leading provider and pioneer of virtual fitness solutions; announced a partnership designed to support employee fitness and get more employees moving.

The HealthFitness and WELLBEATS partnership allows HealthFitness to offer WELLBEATS' virtual fitness programs to employers—helping all employees, even family members, engage in fitness and wellness at work, on the go and at home.

“Supporting employee fitness across varied populations can be challenging, especially given today’s geographically diverse, increasingly virtual workforces,” acknowledges Sean McManamy, senior vice president, strategy and product, HealthFitness. “Our partnership with WELLBEATS allows us to extend the reach of our health, wellness and fitness solutions and boost employee health—no matter where employees are located. We are excited to have them as a partner and to offer our clients the best virtual fitness solutions in the market.”

WELLBEATS' programs enable employers to deliver fitness classes, workout plans and fitness assessments to employees anytime, anywhere. This provides sites without corporate fitness space the opportunity to engage employees in fitness, and gives organizations with fitness centers more flexibility and variety to help boost engagement.

Partnership brings fitness to employees' fingertips

With user streaming via WELLBEATS' mobile and web-based applications, hundreds of classes are available using smart phones and smart devices and on-site delivery options can be used in existing fitness centers or underutilized office space—bringing fitness to the fingertips of all employees, regardless of their location, fitness level or access to a facility.

WELLBEATS' programs help engage more employees across:

- Corporations without corporate fitness centers

- Organizations with dispersed workforces and frequent travelers
- Sites with corporate fitness looking for more variety and scheduling solutions to fill gaps

“Virtual fitness programs help employees make time for fitness, regardless of location, schedule, fitness level and workout preferences,” says Jason Von Bank, President and CEO, WELLBEATS. “We offer unlimited classes led by certified instructors who create a motivating and supportive environment, simulating an in-person experience.”

“Our partnership with HealthFitness enables us to expand our personalized approach to fitness and help employers build upon a culture of health and engage employees where they are.”

“For example, with our short ‘Office Break’ series, employees can even participate in brain and body re-charging activities from their desk!” says Von Bank. “Even a few minutes per day of quick, smart activities can have a significant impact on employee’s level of focus, creativity, energy, and pain management.”

About HealthFitness

HealthFitness, a Trustmark company, is an award-winning, URAC- and NCQA-accredited provider of health management, corporate fitness and condition management solutions. With nearly 40 years of experience, HealthFitness is a proven leader and partner for infusing a culture of health. We maximize client results through personalized interaction and a science-based approach to on-site program management, engagement and prevention. Parent company Trustmark provides a full spectrum of employee benefits to improve well-being through better health and greater financial security. For more information on HealthFitness, visit www.healthfitness.com.

About WELLBEATS

WELLBEATS pioneered the virtual group fitness category and is a leading provider of technology enabled wellness programming. WELLBEATS produces and distributes proprietary programming to organizations that have a need to provide high quality, low cost, 24/7 fitness solutions to their employees, members or users. Founded in 2008, WELLBEATS has over 4 million class plays worldwide in 50 U.S. states and across 15 countries. WELLBEATS’ solutions serve health clubs, corporations, schools, multi-family housing, hospitality and all five U.S. military branches. WELLBEATS is a two time recipient of the *Inc. 500* award (America’s fastest growing private companies). <https://wellbeats.com/>

WELLBEATS is a registered trademark of Fitness on Request, Inc.

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