

Explore

Explore

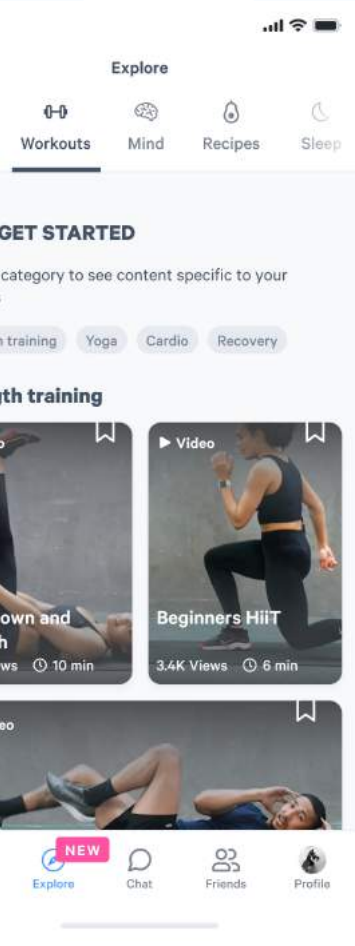
Discover your new favorite workout

Try out a dinner from our list of recipes

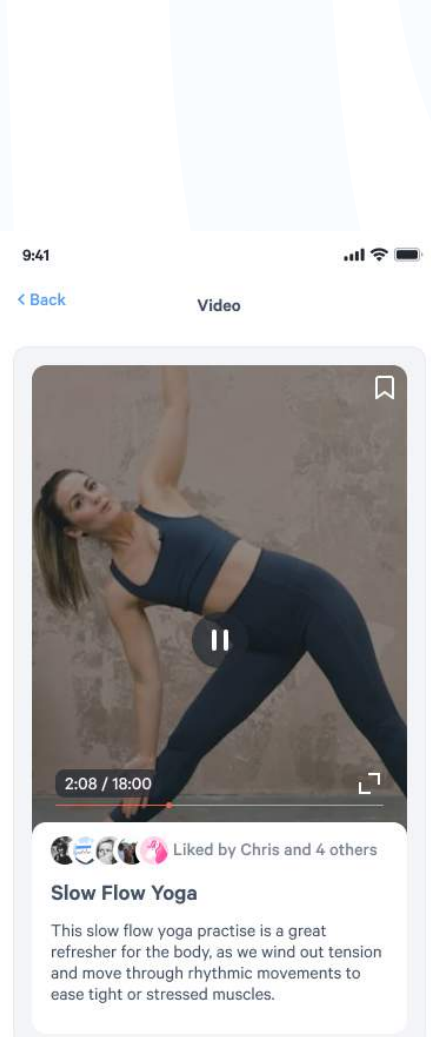
Relax your mind with meditation recordings

Get a good night's sleep with sleep audio

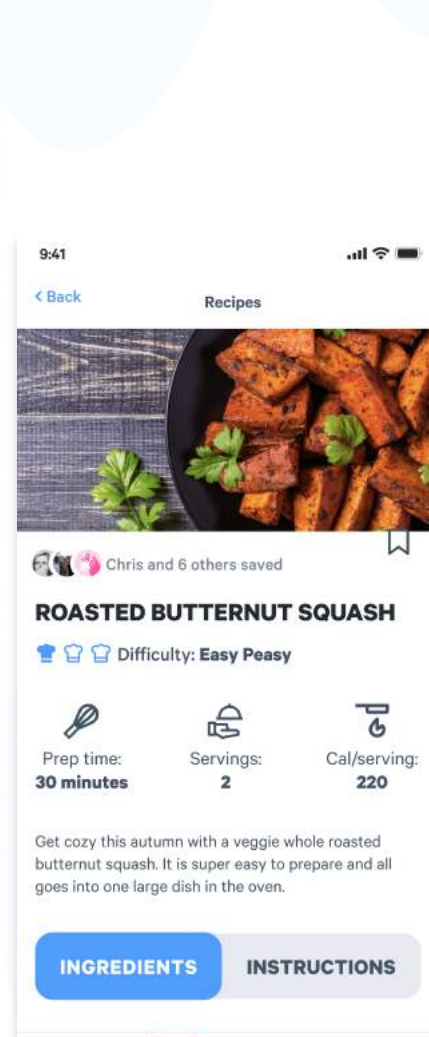
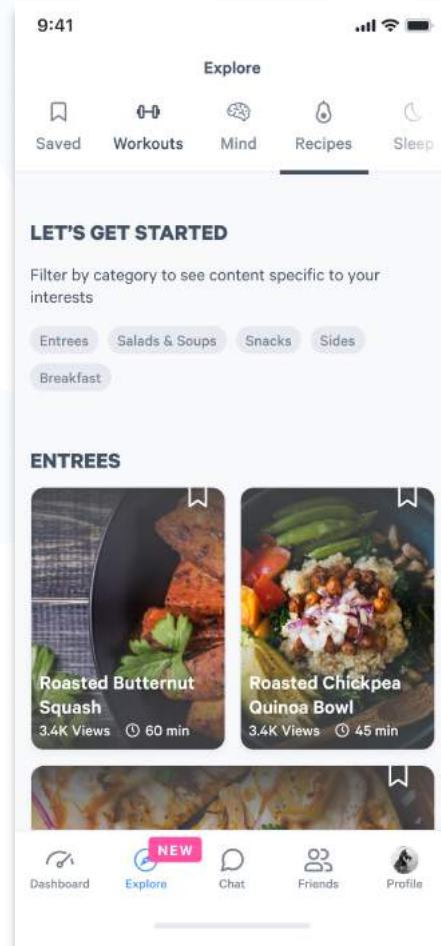
Physical, mental, and nutritional health resources right at your fingertips



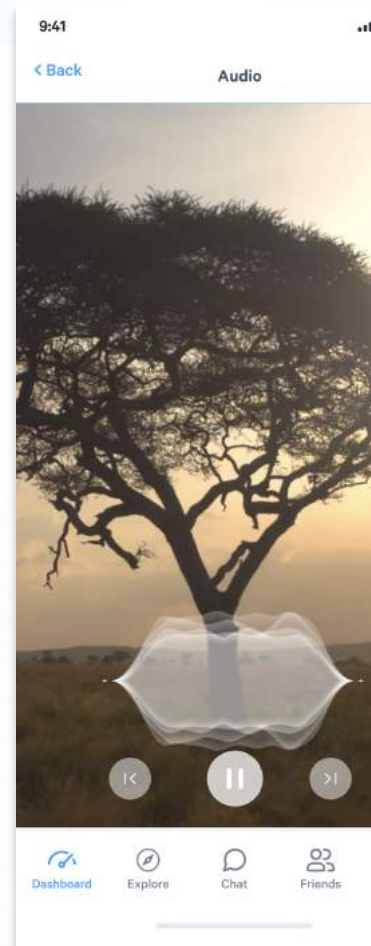
VIDEOS



RECIPES



AUDIO



Explore

**Explore
different
categories
to improve
your overall
wellness**

WORKOUTS



MIND



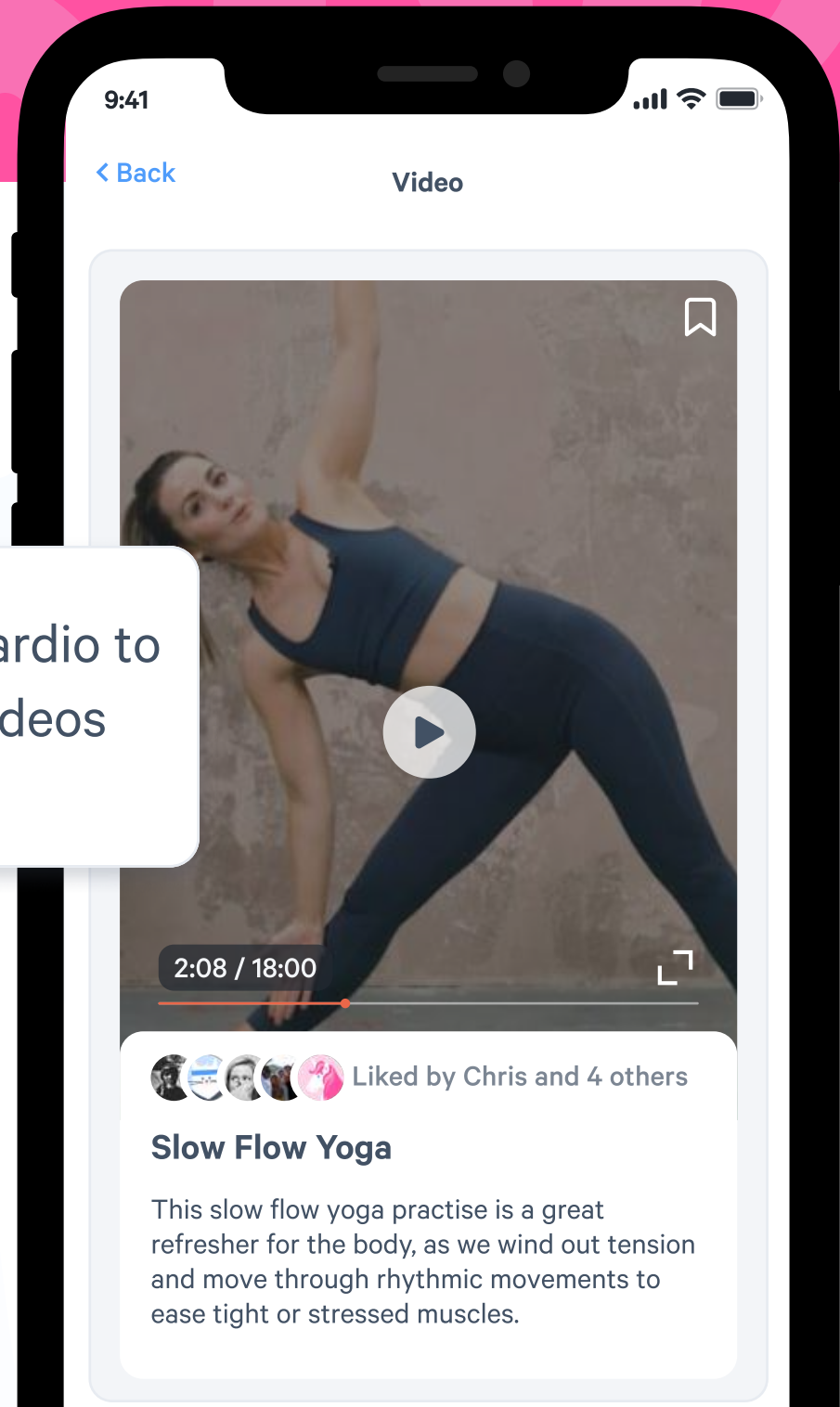
RECIPES



SLEEP



From strength to yoga and cardio to recovery, we have workout videos suited for everyone

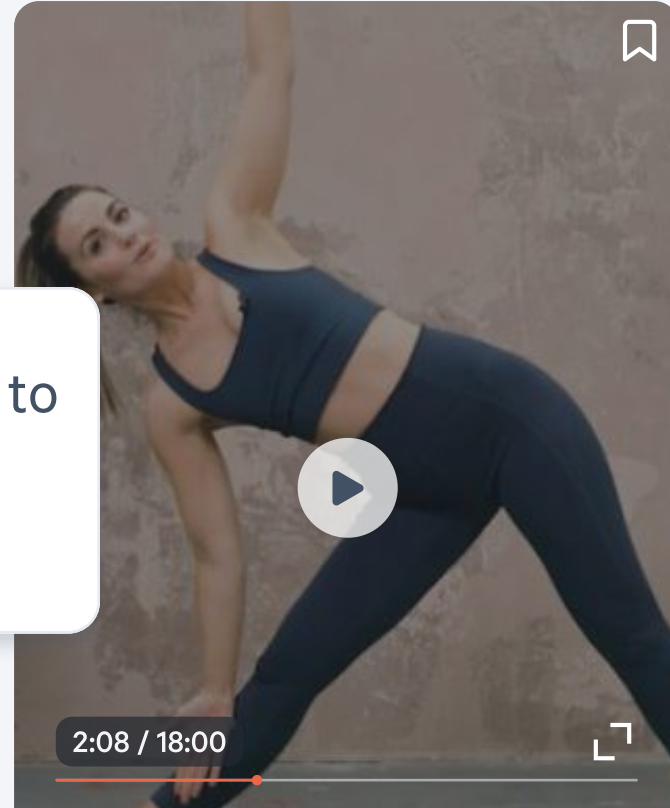


9:41



< Back

Video



Liked by Chris and 4 others

Slow Flow Yoga

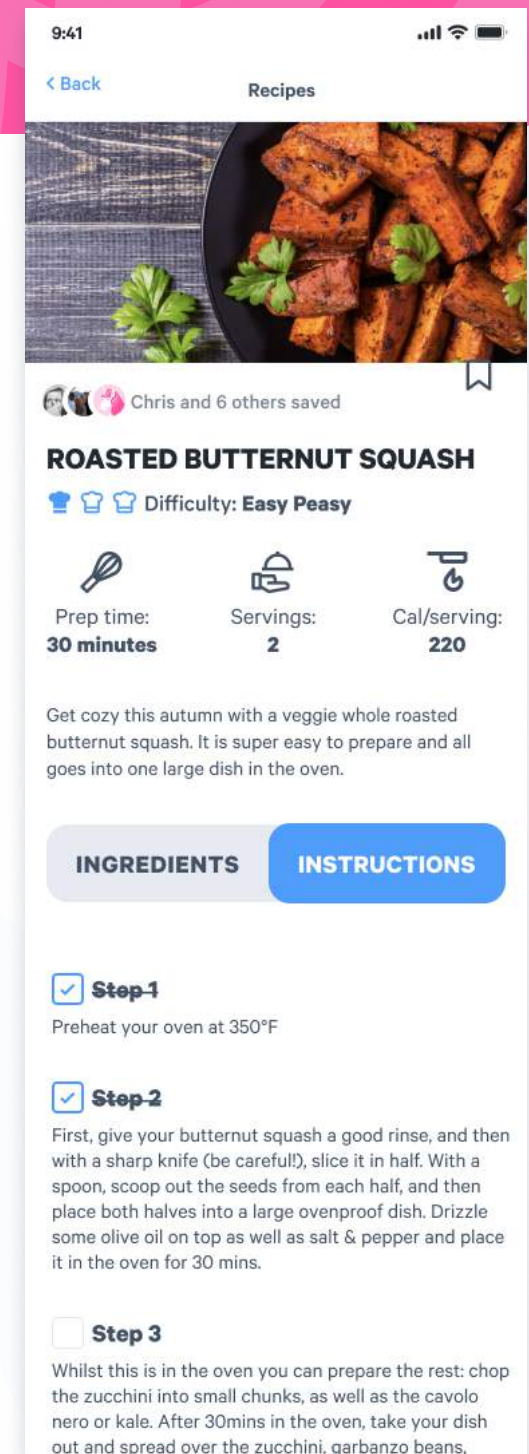
This slow flow yoga practise is a great refresher for the body, as we wind out tension and move through rhythmic movements to ease tight or stressed muscles.

Explore recipes

Access a diverse set of recipes for every type of meal

Choose recipes that match your skill level

Save your favorite recipes to access later on



Explore audio

MEDITATION

Boost your emotional wellbeing and overall health with our wide variety of meditation recordings

SLEEP

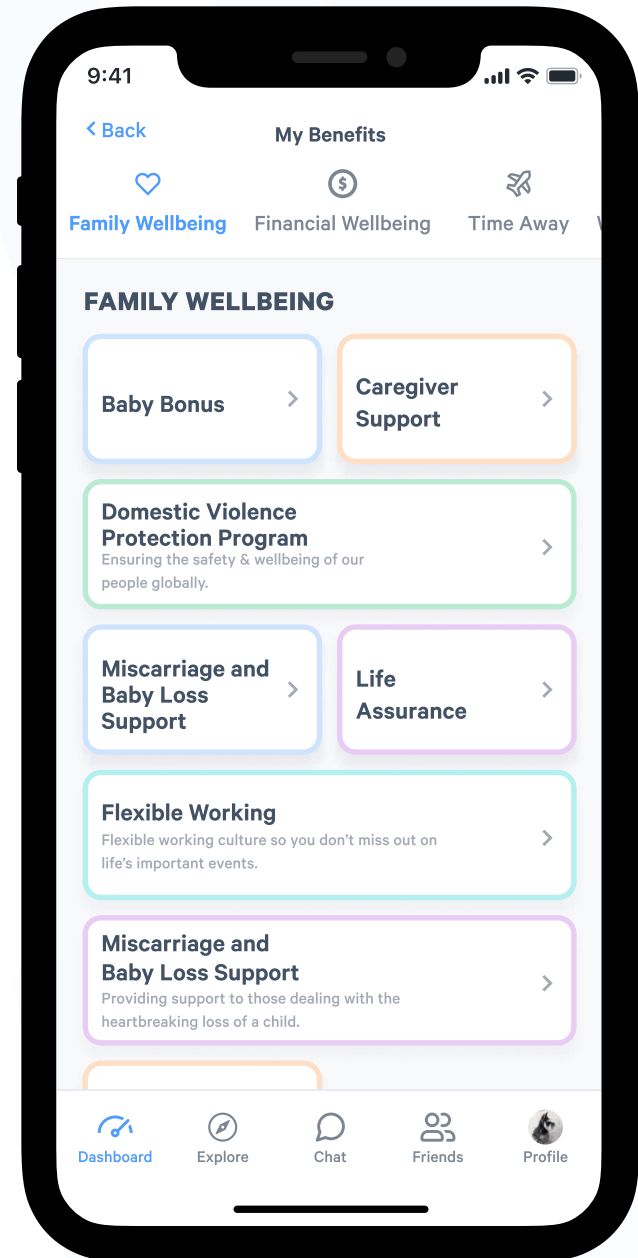
Find the right sleep audio to help you get your best night's rest



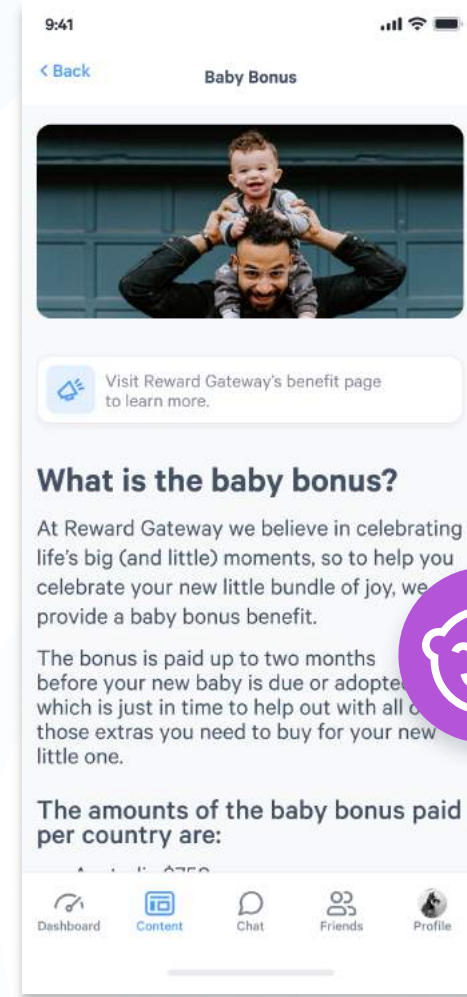
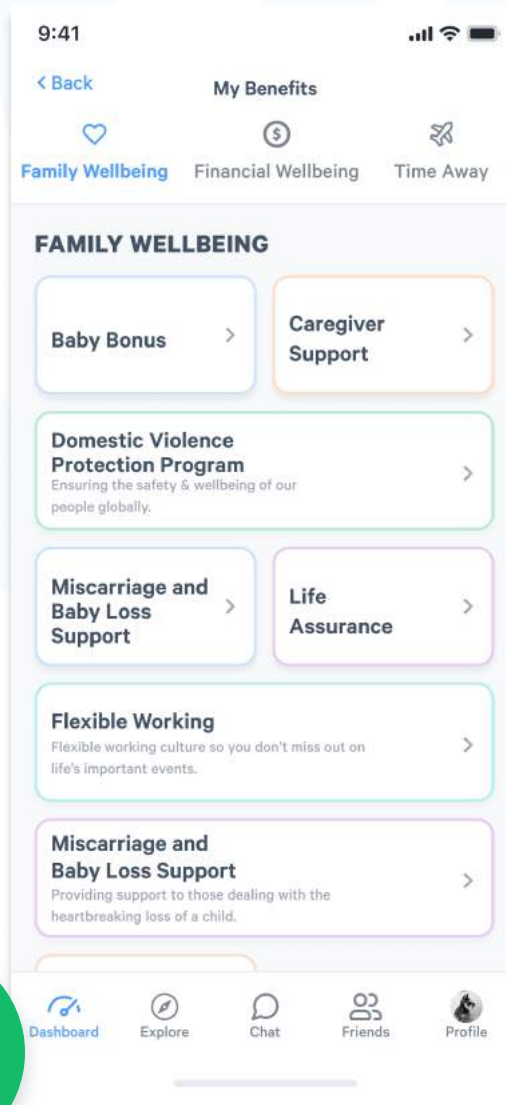
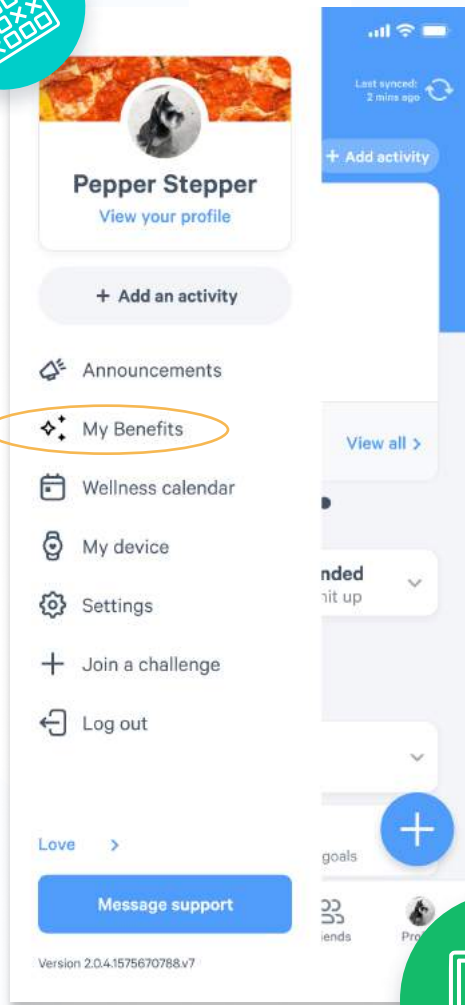
Benefits Spotlight

Benefits Spotlight Benefits Spotlight

All of your **benefits**, all in
one convenient location



View all of your company's benefits in a user friendly platform



Benefits Spotlight

CUSTOMIZABLE

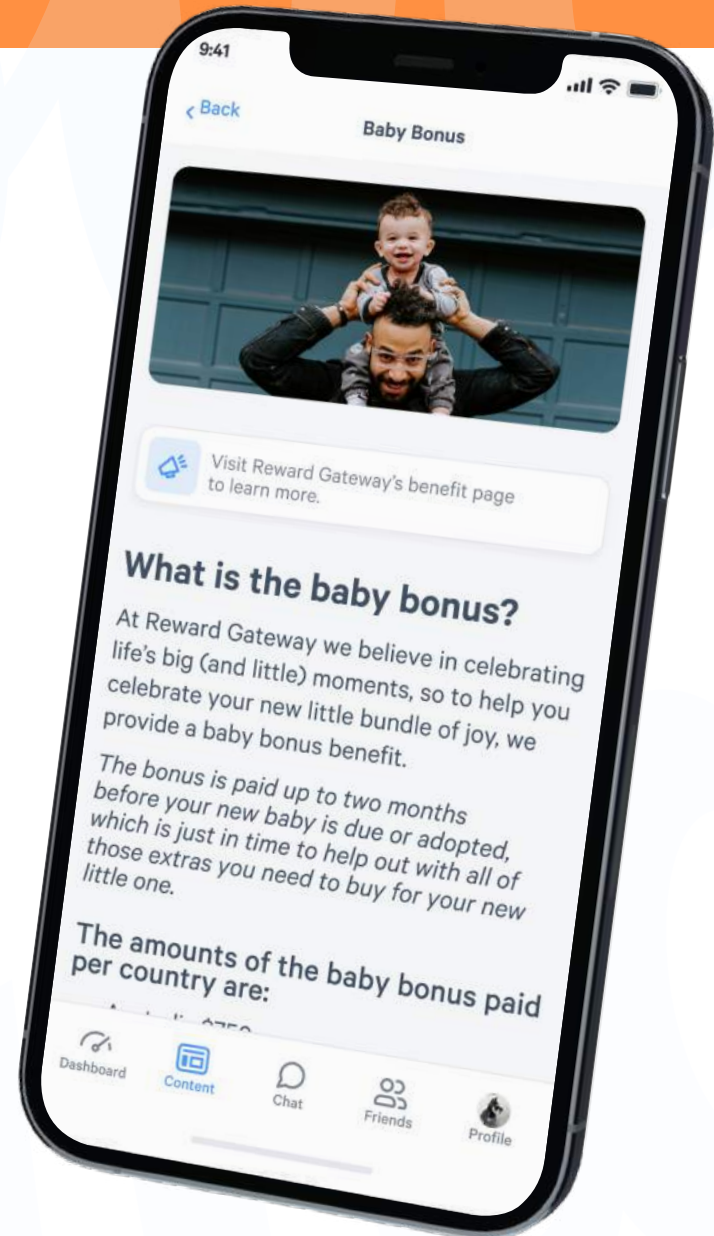
Accounts can organize their benefits based on category

VISIBILITY

Include links to benefits pages to increase usage and visibility

ANALYTICS

See which benefits have the most interaction and clickthroughs



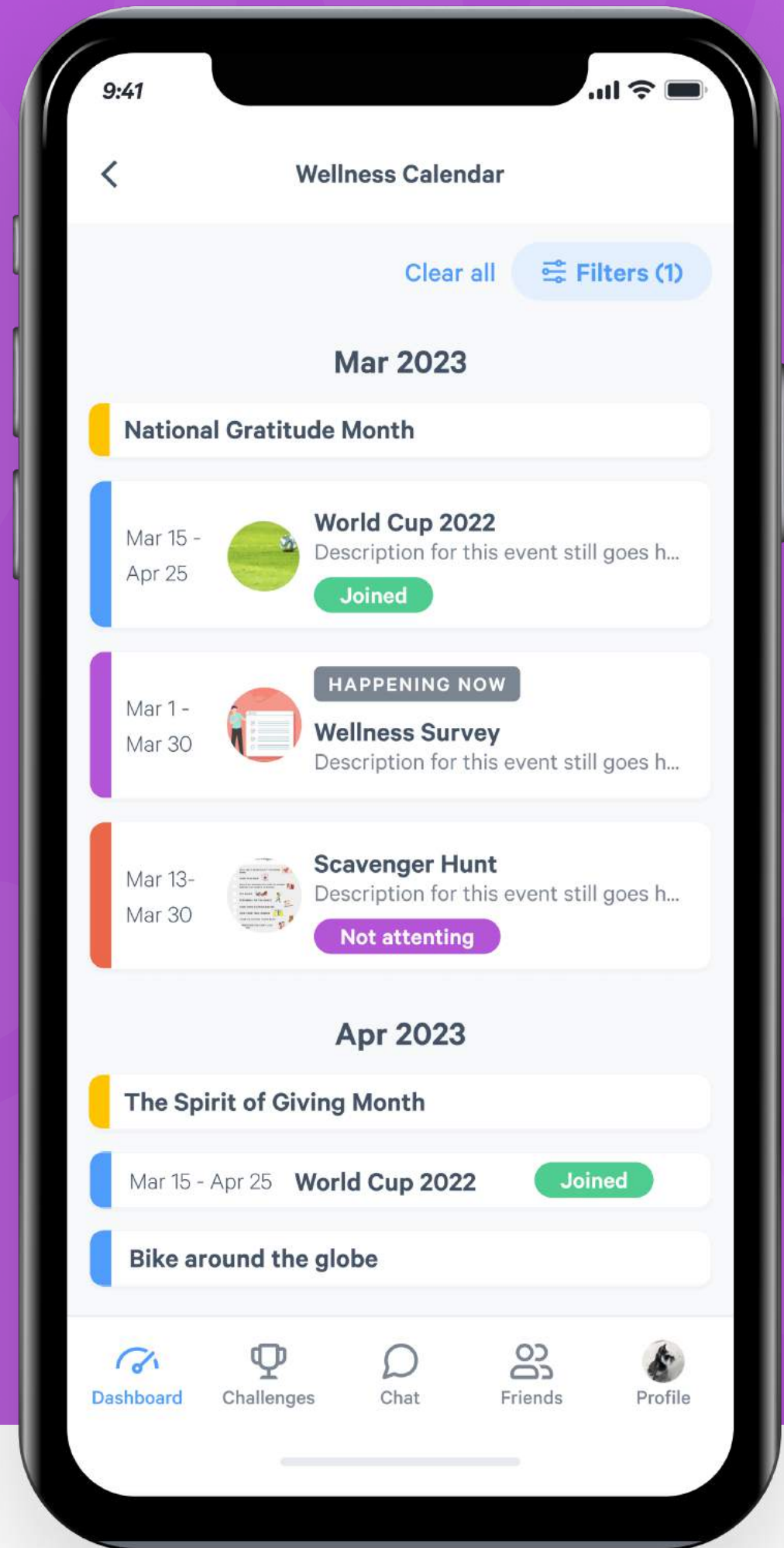
Wellness Calendar

See all upcoming events all in one location

Events are categorized by color

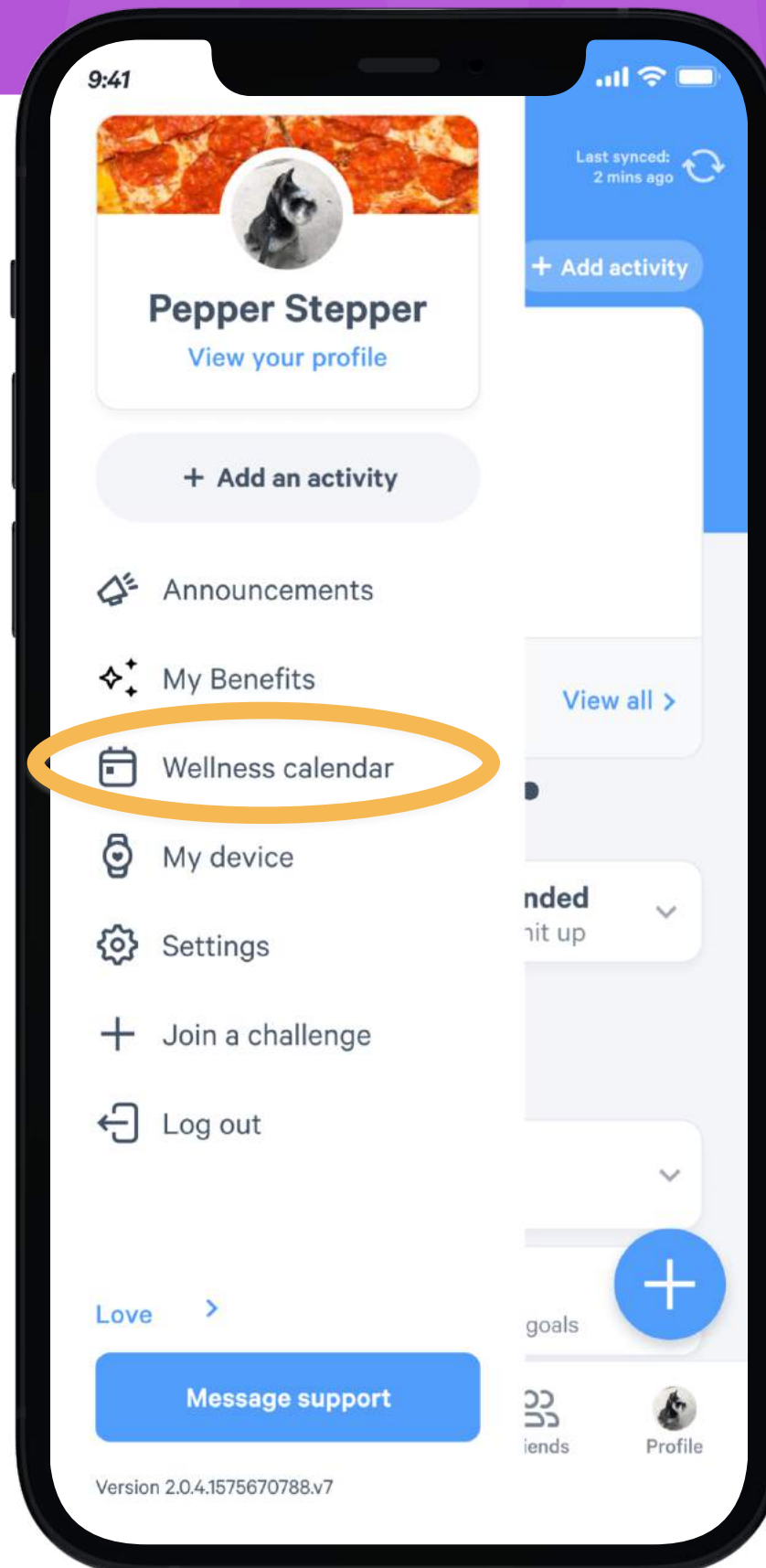
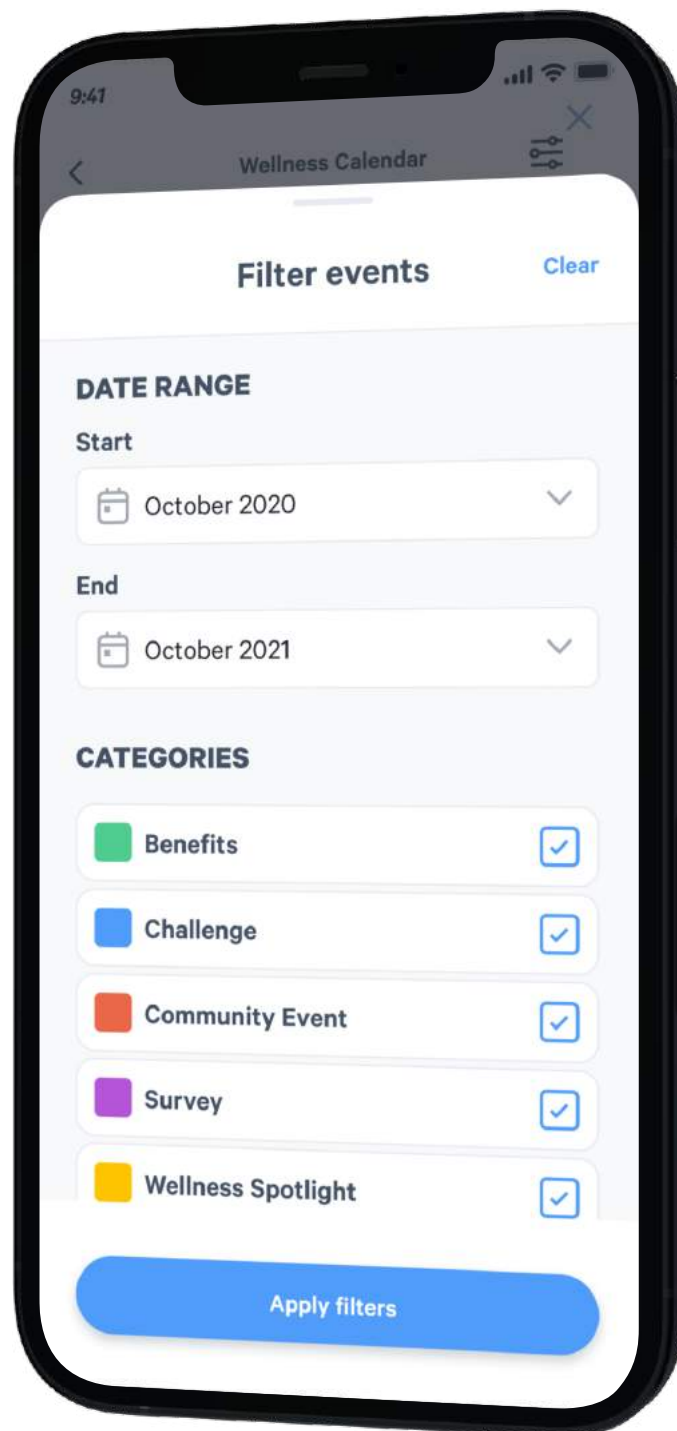
RSVP to certain events and learn more about others

Ability to create and edit events from the Admin dashboard

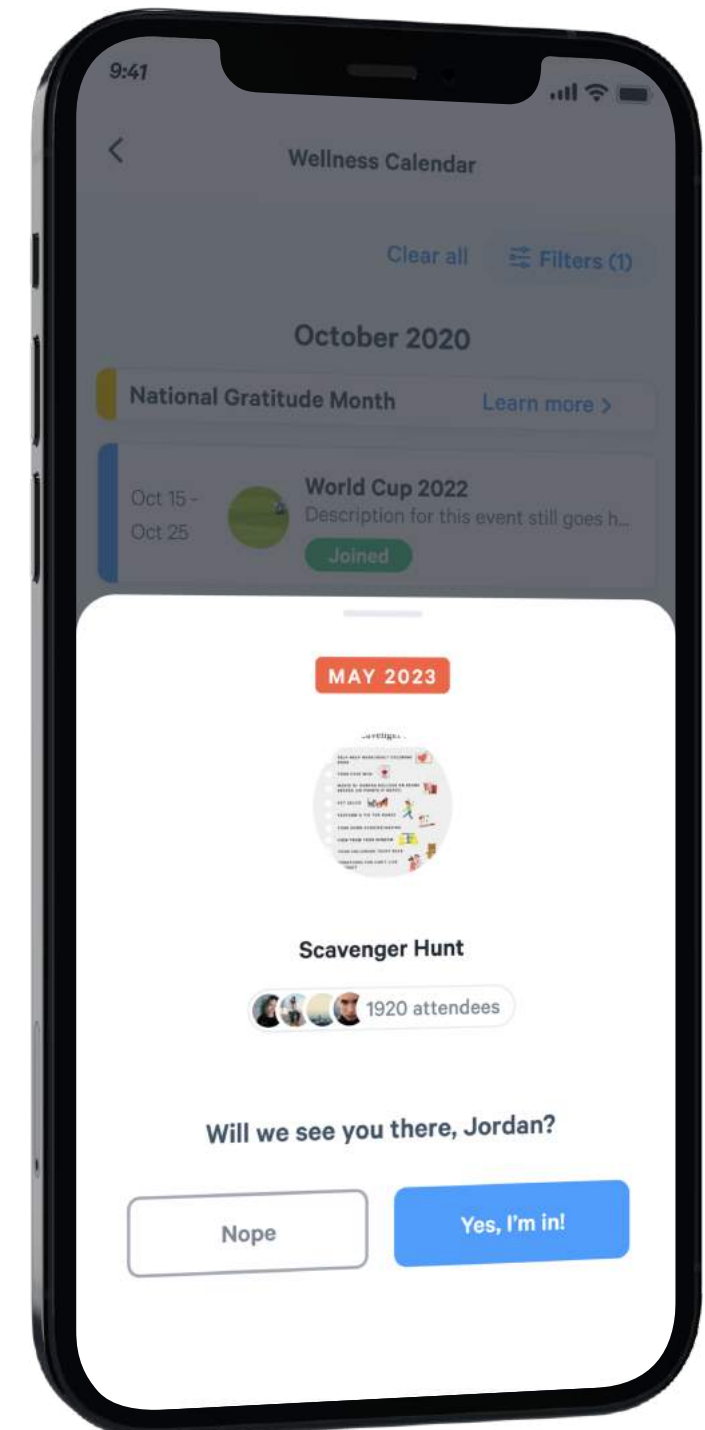


New enhancements and easy accessibility

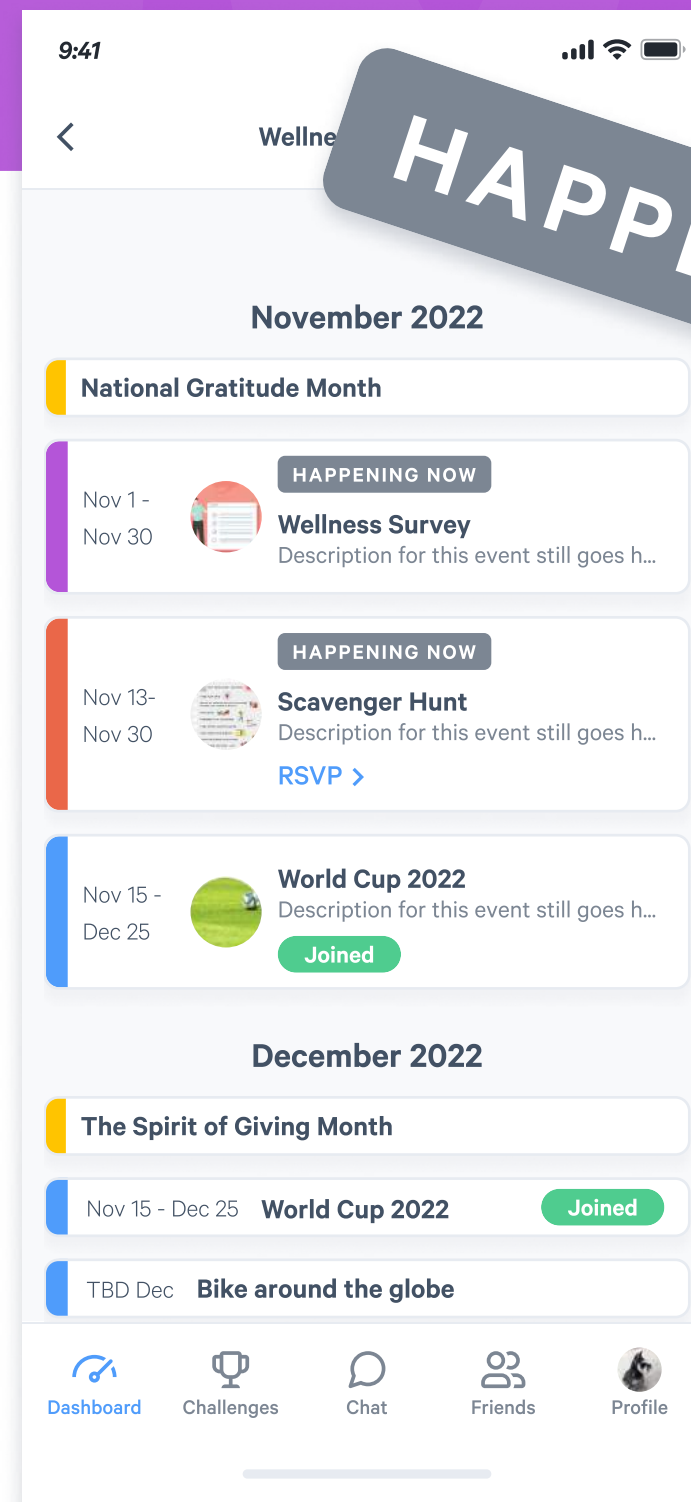
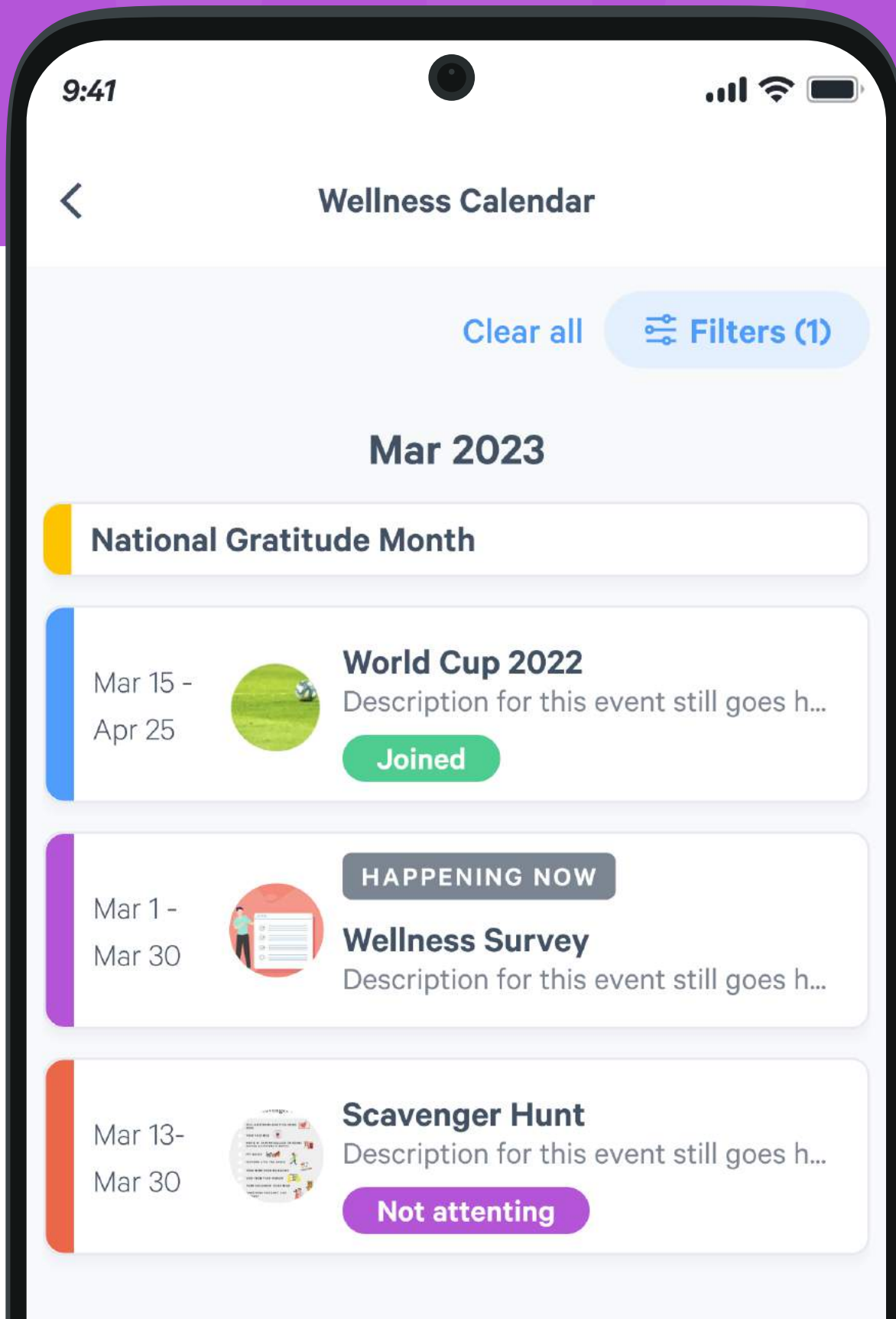
FILTERING



RSVP



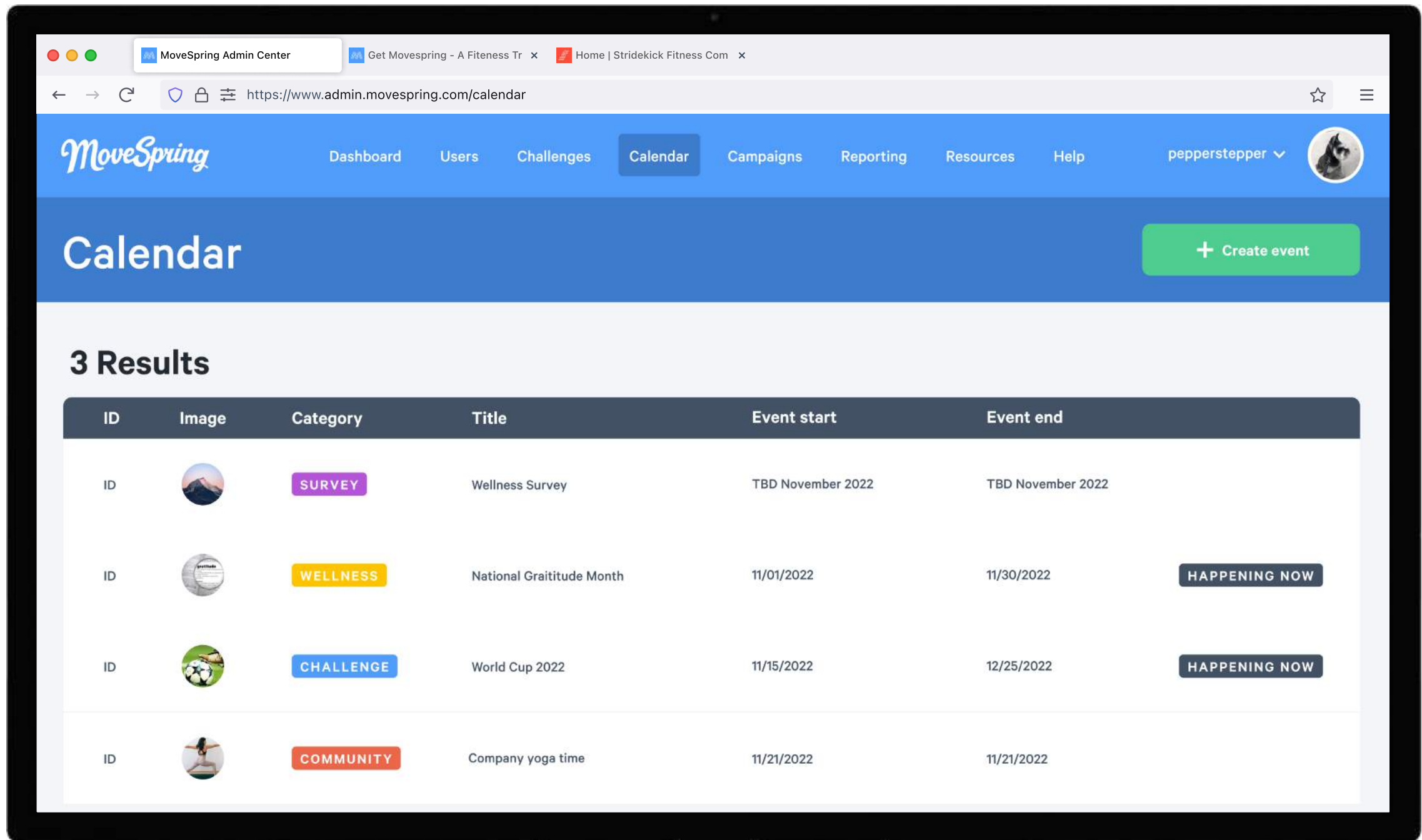
See which events are happening now & your RSVPs



HAPPENING NOW

Attending

Admin dashboard to view, create and edit events



Admin dashboard to view, create and edit events

+ Create event

MoveSpring Admin Center | Get Movespring - A Fitness Tr | Home | Stridekick Fitness Com

MoveSpring | Dashboard | Users | Challenges | Calendar | Campaigns

Calendar > Create an event

Create an event

General details

Event name Required

Event description Required

Category Required

Event image

Personalize your event with an image or choose from one of ours. If you don't have an image, we recommend [Uploak](#) for high quality.

MoveSpring | Dashboard | Users | Challenges | Calendar | Campaigns | Reporting | Resources | Help | pepperstepper

Calendar > Company yoga time

EVENT DASHBOARD | RSVPS

STARTS IN 21 DAYS

Company yoga time

[Edit details](#) [Delete event](#)


Description
Short description looks like this ok? Also no prize. Still should be fun!

Event duration
November 21, 2022

RSVP Enabled

Call to action
Not available

Event image



Category
COMMUNITY

View RSVPs and run reports of attendees

