

**Crack the weight loss code**

Combining exercise with healthy eating brings the most success in your weight loss journey. Check out these activities to learn more:

* **Wellbeats** workouts for all experience levels, plus nutrition
tips and recipes
* Nutrition-based activities including **Sugar Smart**, **Choose to Lose** and more to help you make the best choices

Completing well-being activities can also help you earn your [HealthPartners Living Well or client program name] reward.

For questions, contact [group contact name] at **[number]**.

Take your health assessment to access the activities and more at **healthpartners.com/signin/livingwell** or use the myHP app.