



# Support for Your Everyday Living

## Injury Prevention

Did you know musculoskeletal disorders are the leading cause of disability in the U.S.\* and approximately 1.71 billion people have musculoskeletal conditions worldwide?\*\*\*

These conditions can range from sudden and short-lived musculoskeletal injuries such as fractures and sprains to lifelong conditions associated with ongoing disability or functional limitations.

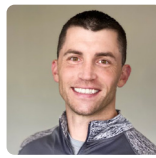
**With Wellbeats, you have access to high quality, safe, and expert-led classes to help ease or reduce the risk of injury – no matter your age, needs, or ability level.**

### This includes:

- Classes for strengthening common pain-point areas such as low back, shoulder, knee, ankle, and neck
- A progressive series of exercises to safely and effectively engage key joint areas
- Guided mobility programs to keep you on track
- Downloadable, illustrated instructions for additional support



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### Dr. Grant Norland

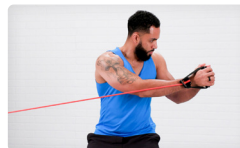
Doctor of Physical Therapy

All classes are designed and developed by Dr. Grant Norland, a Doctor of Physical Therapy and certified strength and conditioning specialist.

Whether you're looking for ways to prevent injury, work on specific joints that have been injured, or improve your overall mobility, Wellbeats can guide you and support you in your everyday living.

**"We took some of the most common chronic issues we see in our facility and built preventative programs around those to address the most common causes. [My advice is to] start slow and focus on doing the little things correctly."**

– Dr. Grant Norland



Low Back Level 3 Circuit  
12 mins | ★ 4.5



Neck Daily Mobility Circuit  
9 mins | ★ 4.5



Knee Daily Mobility Circuit  
16 mins | ★ 4.5



Shoulder Daily Mobility Circuit  
5 mins | ★ 4.4

Actual design and navigation may vary depending on your device.

\*Source: Indiana University School of Medicine, <https://medicine.iu.edu/expertise/musculoskeletal-health/what-is-musculoskeletal-health>

\*\*Source: World Health Organization, <https://medicine.iu.edu/expertise/musculoskeletal-health/what-is-musculoskeletal-health>