

## Quick Guide to B Well Resources 2022

- ★ For regular updates and notices on offerings join the **B Well Google Group** by sending an email to [bwellclassupdates+subscribe@groups.bates.edu](mailto:bwellclassupdates+subscribe@groups.bates.edu) or simply email Mike at [mmillike@bates.edu](mailto:mmillike@bates.edu) and ask to be added.
- ★ [Fill out this form](#) to receive an **Inspire 2 Fitbit** + Premium Membership. This device tracks and guides daily movement, exercise, sleep and more. Additionally you'll have access to hundreds of follow along workouts for ALL Fitness levels.
- ★ To sign up for **Headspace Premium** and unlock access to thousands of guided meditations, stress relievers and sleep support complete the following:
  - Following this link to the [Bates Headspace Landing Page](#)
  - Create an account or log-in if you already have an account
  - Verify your account with your **Bates Email**
  - Download the app or start using the computer browser version
- ★ To set up a **tour of the Athletic Facilities**, email Mike at [mmillike@bates.edu](mailto:mmillike@bates.edu) or propose a time on google calendars.
- ★ For the live virtual and eventually in-person **fitness class schedule** go to <https://www.bates.edu/b-well/calendars/> - No need to sign up, just click the zoom link to join or show up in person.
- ★ For on-demand boot camp workouts with Mike: [Click here](#)
- ★ Looking for a higher intensity workout? B Well has partnered with **F45 Training** by offering free access to their virtual platform which offers virtual strength and conditioning sessions (both bodyweight and weighted) as well as nutrition tracking. Here are the steps to sign up:
  - go to <https://f45challenge.com/> or download the f45 challenge app
  - Register by using your [@bates.edu](mailto:@bates.edu) email address
  - enjoy the app/website from your Smartphone, Tablet, or Computer
- ★ Are you a caregiver for an ailing family member or loved one? Consider joining our **"Care for the Caregiver"** support group. To join, email Ken Emerson at [kemerson@bates.edu](mailto:kemerson@bates.edu). The group meets monthly on zoom
- ★ Are you seeking resources / counseling for mental health? Explore our **Resources for Living platform**: 888-238-6232  
[www.resourcesforliving.com](http://www.resourcesforliving.com)  
Username: 4Bates  
Password: bwell