



Wellbeats™

## Member Spotlight



### Bobby

Case Manager  
Supervisor



## Improving his and his colleagues' health is “an absolute joy”

“My activity level has increased dramatically,” says Bobby, a Case Manager Supervisor for the National Center for Missing and Exploited Children (NCMEC), who does Wellbeats running and stationary bike classes three to four days a week. “I’m finding the classes easier to get through now,” he says.

Bobby volunteered to test the Wellbeats virtual wellbeing program (exercise, nutrition and mindfulness classes) in 2019 as a member of the Employee Engagement Committee. After NCMEC launched Wellbeats for the organization, Bobby had the opportunity to present the program to his entire division and he introduces Wellbeats during new employee onboarding. “I absolutely love it when I get emails from employees afterward saying, ‘Thank you for sharing this with me,’ or ‘I did this class today.’”

Bobby set up a workout studio in his garage and plays Wellbeats classes on his iPhone or iPad connected to wifi speakers. “I’ll do a little bit of running and then jump on the stationary bike,” he says. Asked about his favorite instructor, Bobby said, “Carrie is my favorite. She’s amazing.” Olympian Carrie Tollefson is the Run Lead and Coach of Wellbeats’ Strides Channel.

One of Bobby’s favorite Carrie classes is [Repeat 6 Minuters](#). “I thought it was going to be easy but it’s a challenging class. I love that.” He also enjoys the video production.

“The sceneries Wellbeats uses are amazing. I love that you have people walking by, dogs ... it’s almost like being outside.”

Bobby exercises in the evenings after work. “I love the fact that if I want high intensity, I can pick a high intensity 50-minute course. And if I just want to get a nice comfortable, gentle run, I can do a 25 or 30 minute class. Whatever my mood, I can pick one of those classes and go for it.”

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Another favorite instructor is Caesar. “[The Criterium](#) is one of the first stationary bike classes I did,” says Bobby. “I like to do it once a month. It’s a 50-minute ride course. It’s challenging. He knows when to settle you down in the seat and when to get you up. He has two other instructors with him, too, and one is a medium intensity and the other is a lower intensity. You can pick any one and pace with them.”

Wellbeats is helping Bobby improve his overall health and fitness while giving him the opportunity to connect personally with NCMEC employees. “It’s allowed me to talk to other employees about their health using Wellbeats as my tool. I absolutely love that. It’s a wonderful joy for me.”