

Wellbeing Services



Explore an extensive range of wellbeing services, provided by Spectrum.life, designed to nurture a healthy mind and body for you and your loved ones.



Digital Gym

Dive into a diverse array of classes, from Pilates and HIIT to yoga, combat, and kettlebells. Whether you're a beginner or an advanced enthusiast, there's something for everyone. Enjoy live sessions or watch on-demand, all from the comfort of your own space.



Wellbeing Webinars

Reserve your spot for a series of live broadcasts that bring you the latest insights in health and wellbeing. Engage with expert panel discussions and join the live chat to share your thoughts and questions.



BeCalm Programme

Reduce anxiety, improve sleep, and boost happiness with self-guided mindfulness and meditation exercises.



Fitness and Nutrition

Explore a vast collection of healthy recipes, from quick snacks to air fryer recipes through to family meals.



Clinically Approved Content

Access the latest expert advice on subjects such as mental health, depression, anxiety, sleep, parenting, and more through articles, videos, and podcasts with content created by expert clinicians.



Sound Space Podcast

Tune in to the latest health and wellbeing podcasts and listen your way to better health.

Alternative formats

If you would like this translated or have a copy in an alternative format such as large print, braille or audio please [email us](#) or call us on **0345 026 0094**. Lines are open from 9am to 5pm, Monday to Friday. We may record and monitor calls. Call charges will vary. BH4306 06/25