

# Healbright partners with MoveSpring to make mental wellness and mindfulness programs accessible

*Fitness challenges brought to workplace now complemented by availability of mental wellness programs*

BOSTON, MA, USA, October 4, 2018 /EINPresswire.com/ -- [Healbright \(http://healbright.com\)](http://healbright.com), a

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*Bill Belanger*

firm offering hundreds of videos led by mental health professionals on a variety of mental health topics, today announced that it has partnered with MoveSpring by Stridekick (<https://MoveSpring.com>), a health tracking platform that uses quantified self data to help [stakeholders](#) in health put the right health resources and actions in front of the right people at optimal times. This partnership will allow Healbright to make its [mental wellness programs](#) accessible on the MoveSpring platform.

“Stridekick is a leader in bringing fitness challenges to the

workplace,” said Healbright president Bill Belanger. “By offering Healbright's mental wellness programs on the platform we will help employers and other stakeholders in health improve the mental well-being of their patients / employees in a fun, engaging way.” He added, “We are thrilled to announce this partnership.

“The addition of a new content library on the MoveSpring is a feature that is going to bring even more value to our corporate partners” said COO & Co-founder Anthony Knierim. He continued, “By partnering with Healbright, we are able to bring the best mental health content to our platform that drives engagement in healthy behavior.”

Healbright recently opened an office in Brookline, MA to expand the offerings of Healbright to companies and becoming part of their corporate wellness programs.

About Stridekick

MoveSpring by Stridekick is bringing the fun back to fitness with fitness tracker challenges for individuals and the workplace. MoveSpring invites people to join their social fitness community and step towards your health goals with friends, family and coworkers! Everyone can play no matter the fitness level or device! With multiple challenge modes and cross-device compatibility, everyone can play! MoveSpring empowers employers and other stakeholders in health with a robust admin platform making management of small to large communities minutes a month vs. hours a week. MoveSpring offers cross device compatibility by fetching step and distance data from the Apple Watch, Health App, Fitbit, Jawbone, Withings, Garmin, Misfit, and the Moves App.

About Healbright.com

Healbright.com offers online wellness courses in a variety of areas to make emotional wellness accessible to everyone. Each course contains video lectures and therapeutic tools provided by a mental health professional. Healbright instructors condense the best practices in their field into budget-friendly courses that are accessible to anyone, using the latest research in the

neuroscience of learning, clinical psychology, and meditation practice to deliver courses that lead to lasting mental and emotional change. Healbright believes everybody can benefit from working with their own mind, and psychology should not be limited to only fixing what goes wrong with people. For more information visit [www.healbright.com](http://www.healbright.com), or follow us on Facebook, Twitter and Instagram.

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