



AZRA-ASSIGNMENT

1) WRITE A BRIEF ABOUT US IN 200 WORDS

Azra is a beauty and wellness expert whose support team is very helpful and handpicks the best physical education instructor and medical specialist from all across the globe to make sure you get the most personalized health specimen. They focus on eating healthy foods that taste great and increasing physical activity. They also emphasize that the best way to keep weight off for good is to change your lifestyle and adopt new health habits. This diet can be tailored to your own individual needs and health history — it isn't a one-size-fits-all approach. In addition, the healthy habits and kinds of foods recommended on the Azra Diet — including lots of vegetables, fruits, whole grains, nuts, beans, fish and healthy fats — can further reduce your risk of certain health conditions. The Azra Diet is meant to be positive, practical, sustainable and enjoyable, so you can enjoy a happier, healthier life over the long term.

In general, losing weight by following a healthy, nutritious diet — such as the Azra Diet — can reduce your risk of weight-related health problems, such as diabetes, heart disease, high blood pressure and sleep apnea. If you already have any of these conditions, they may be improved dramatically if you lose weight, regardless of the diet plan you follow. The Azra Diet provides practical and realistic ideas for including more physical activity and exercise throughout your day — as well as finding a plan that works for you. The diet recommends getting at least 30 minutes of exercise every day and even more exercise for further health benefits and weight loss. The diet also emphasizes moving more throughout the day, such as taking the stairs instead of an elevator. Most people can lose weight on almost any diet plan that restricts calories — at

least in the short term. The goal is to help the clients keep weight off permanently by making smarter food choices, learning how to manage setbacks and changing your lifestyle. Our nutrition strategies are unique and specific to your body needs. We encourage healthy lifestyle changes, which are lifelong. We include food options from your daily routine, and still achieve your goals. Our in-house nutrition experts have many years of experience. Regular follow-ups. Changing of plans based on changing needs. Easy to make recipes. No fancy foods. A plan made from your everyday kitchen ingredients. Plans that don't disturb your family meals. They don't just focus on the problems but the source too.

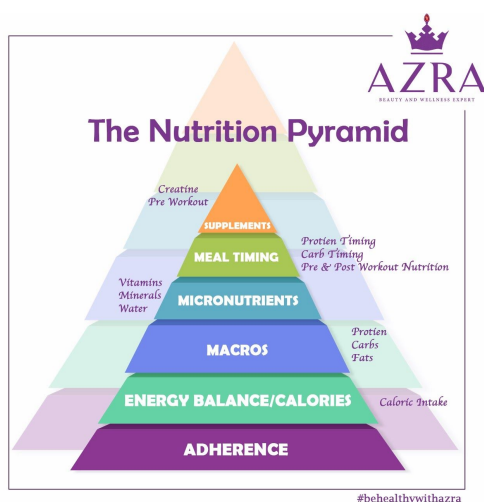
Their plans are goal-oriented and customized to the client needs. They are affordable and budget-friendly. They have Successfully Managed Hypertension, Thyroid & Diabetes Cases along with PCOS cases. They also Focus on your child's growing years with a plan that will suit his/her needs. Their experts specialize in child nutrition plans to help your child get a balanced growth. They have Top stories featured on Health & Medicine, Mind & Brain, and Living Well sections. They have clients from all across the globe.

2) Find 5 faults in our social media handles and website

The website looks awesome it has the search engine optimized and has SSL certificate

- 1) The read more links don't work it would be better if you remove those read-more links
- 2) Instagram- it would be better if we use reels more to reach a lot of people
- 3) I would be very much better if you also use LINKEDIN. You can make a lot of connections and promote the content
- 4) Other than INSTA and FACEBOOK, try to make accounts on all platforms like medium, discord, Twitter, Pinterest and youtube
- 5) And most importantly you must make a linktree account where you can attach all the links to your social media handles

3) social media captions with relevant hashtags



1) Eating healthy, clean and nutrition-rich food fills your body with energy, nutrients and antioxidants. Imagine your cells smiling back at you and saying thanks! Just have a look at the nutrition pyramid.

We have adherence at the bottom of the pyramid which means that our body needs more adherence

#foodpyramid #nutritionpyramid #azradiet #expert #adherence
 #energybalance #calories #macros #micronutrients #mealtiming
 #supplements #vitamins #minerals #behealthy #stayhappy #proteins #fats
 #azra #beauty #wellness #postoftheday
 #healthyvibes #azrabautyandwellnessexpert



What is your 20 Minute Yoga for weight Loss?

#boatpose #warrior3pose #upwardplankpose #extendedsideanglepose
 #goddesspose #plankpose #20minutesofyoga #yoga #exercisedaily
 #healthbenefits #artofyoga #postoftheday #azra #beauty #wellness #fitness
 #goals #bodygoals #azrabeautyandwellnessexpert



Thought for the day - Myth vs Fact

Staytuned for more facts like these.

#myth #fact #calories #macros #eating #behealthywithazra
 #thoughtfortheday #mythvsfact #weightloss #reality #expectation #azra
 #azrabeautyandwellnessexpert

4) My main objective is to prove myself dedicated and energetic in a progressive organization that gives me scope to apply my knowledge skills and be a member of a team that dynamically works towards success and growth of the organization

I can start working immediately with AZRA and I can work for 2-3 hours daily and most importantly I will try my best to complete the given tasks.

THANKYOU .

- SHREYA MALOGI

