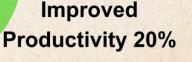
Improved Health 45% Health: Health:

Cardiovascular Health15%

• Weight Management: 15%

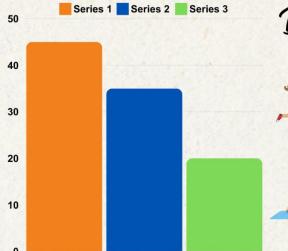
· Chronic Diseases: 15%



• Enhanced Focus: 7%

Energy Levels: 7%

Work Performance: 6%

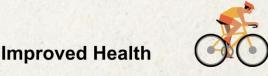


Benizits

- Improves cardiovascular health
- · Helps in weight management
- · Boosts mental health



- · Enhances flexibility
- Reduces stress and anxiety
- Improves balance



- Increases cardiovascular fitness
- · Reduces body fat levels
- Improves joint mobility



Improved Mood



Improved Productivity

- Enhances cardiovascular health
- Improves muscle strength and endurance
- Helps maintain a healthy weight