



The Foods for you will be:-

1. Avocados
2. Yogurt
3. Chicken
4. Cheese
5. Olive oil
6. Broccoli and many more.

The Yoga for you will be:

- **Shavasana (Corpse Pose):**

Lie down on your back and close your eyes. Relax your body and mind. and think happy peaceful thoughts. Take your time while you do this. Breathe normally and do not hold your breath. After some time, stand up.

