



The Foods for you will be:-

1. Spinach
2. Whole Grains
3. Milk
4. Brown rice
5. Nuts and many more.

The Yoga for you will be:

● Uttanasana (Forward Bent Pose):

Without bending your knees, slowly bend your body above the torso downwards. See that your knees are straight. You can allow your hands, hang down, rest your palms on the ground, or just hold your feet to the ankles. Hold this position for 8-10 breaths, then slowly get back to the standing position.



- **Sethubandhasana (Bridge Pose):**

Do it on regular basis, Hold this arching posture for 20-30 secs and slowly bring your body up into a standing pose.

