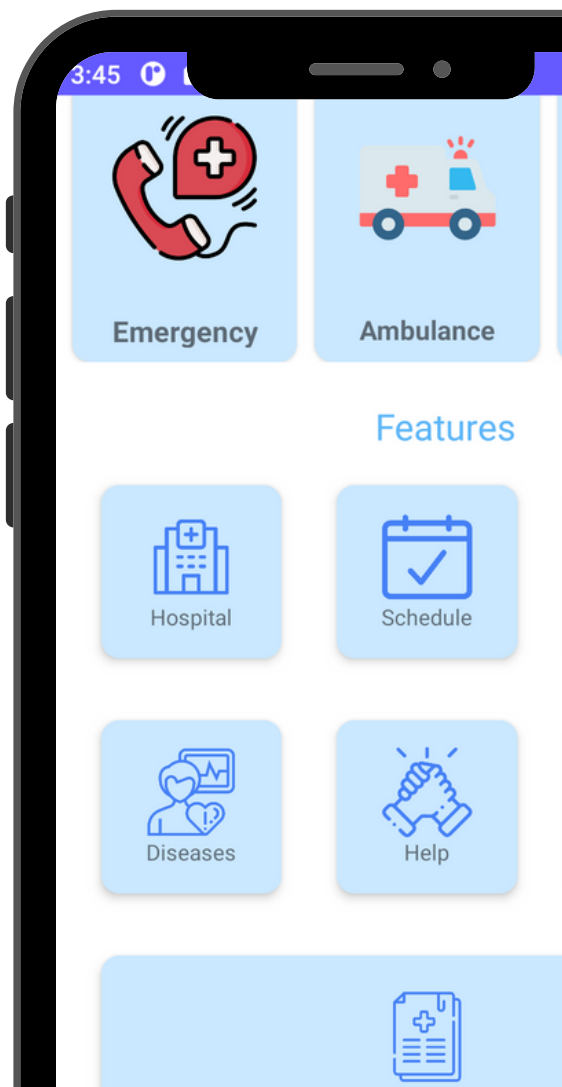


Wellnation



Wellnation

Wellnation



Wellnation

Well Chat Bot



Hey I am Well. What can



Hey! From WellNation,
are feeling the best (Ne
kinda feeling)...

Wellnation

Health Passport



Shubhasai Mohapatra

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VITALS

MEDICINES

APPOINTMENT

Emergency Contact

9937596875

Address

State

Odisha

District

Bhadrak

State

Basudevpur

Pincode

756125

Vitals



Home



Campaign



Profile

Wellnation
User Profile

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Habits to
Improve Your
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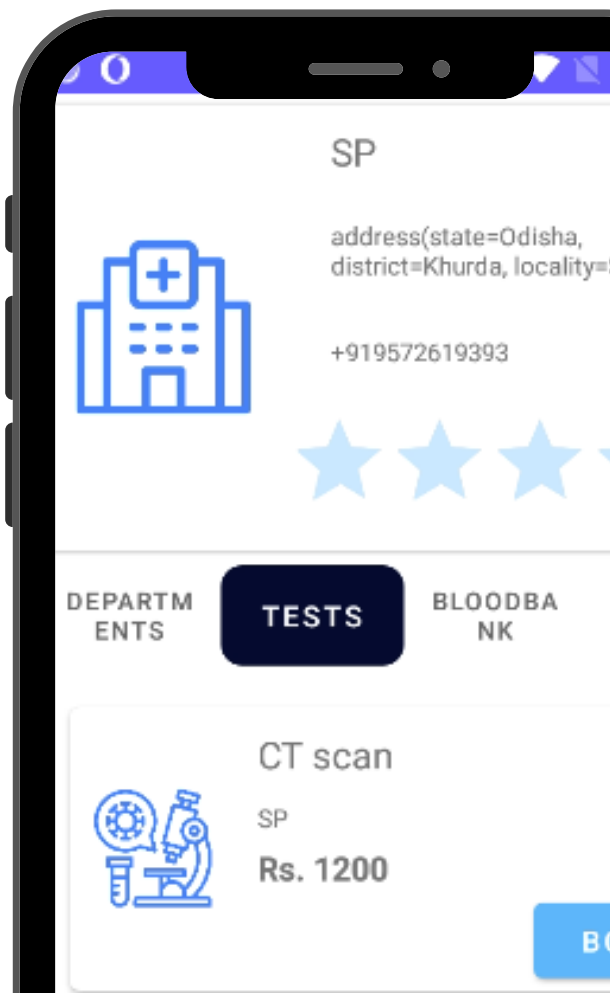
Dr Maheshwar Bhatt
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Wellnation

Hospital Details





Our health is our greatest asset, and it's important to take care of it. Making small changes to our daily routine can have a huge impact on our overall well-being. Here are five habits that you can adopt to improve your health:

- Drink Plenty of Water:** Water is essential for our body, and drinking water throughout the day is important to keep ourselves hydrated. It helps to flush out toxins from our body and keeps our skin looking healthy. Aim to drink at least 8-10 glasses of water every day.
- Get Enough Sleep:** Lack of sleep can lead to a host of health problems like fatigue, irritability, and weaken our immune system. Make sure to get 7-8 hours of sleep every night to help your body rejuvenate and repair itself.
- Eat a Balanced Diet:** Eating a healthy, balanced diet can have a positive impact on our physical and mental health. Include plenty of fruits, vegetables, whole grains, and lean protein in your diet. Avoid processed and sugary foods as much as possible.
- Exercise Regularly:** Regular exercise is important for maintaining good physical health and mental well-being. It helps to reduce stress and improve mood.



Home

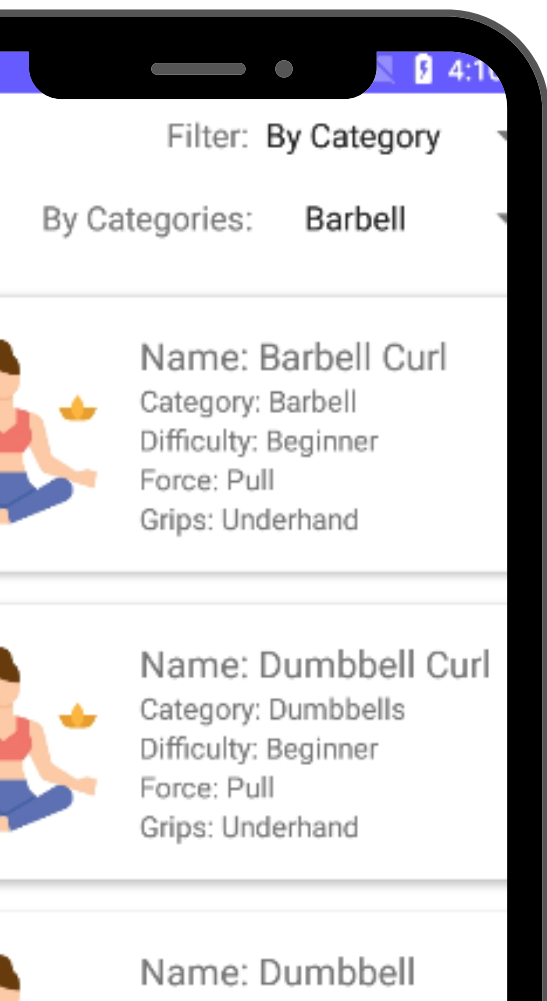


Campaign

Wellnation Blog

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Exercises



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Emergency Widget



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Ambulance

