



Do you see a problem here?

Problem: Heart diseases and Diabetes

Why?
→

Cases increasing rapidly around the globe

Why?
→

Sedentary lifestyle and Genetics are the factors

Why?
→

Increase in white-collared jobs more than 80%

Why?
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A fast-paced living and opting sedentary jobs

Why?
→

Spending day at a desk, sitting and stressed

5 Why Technique