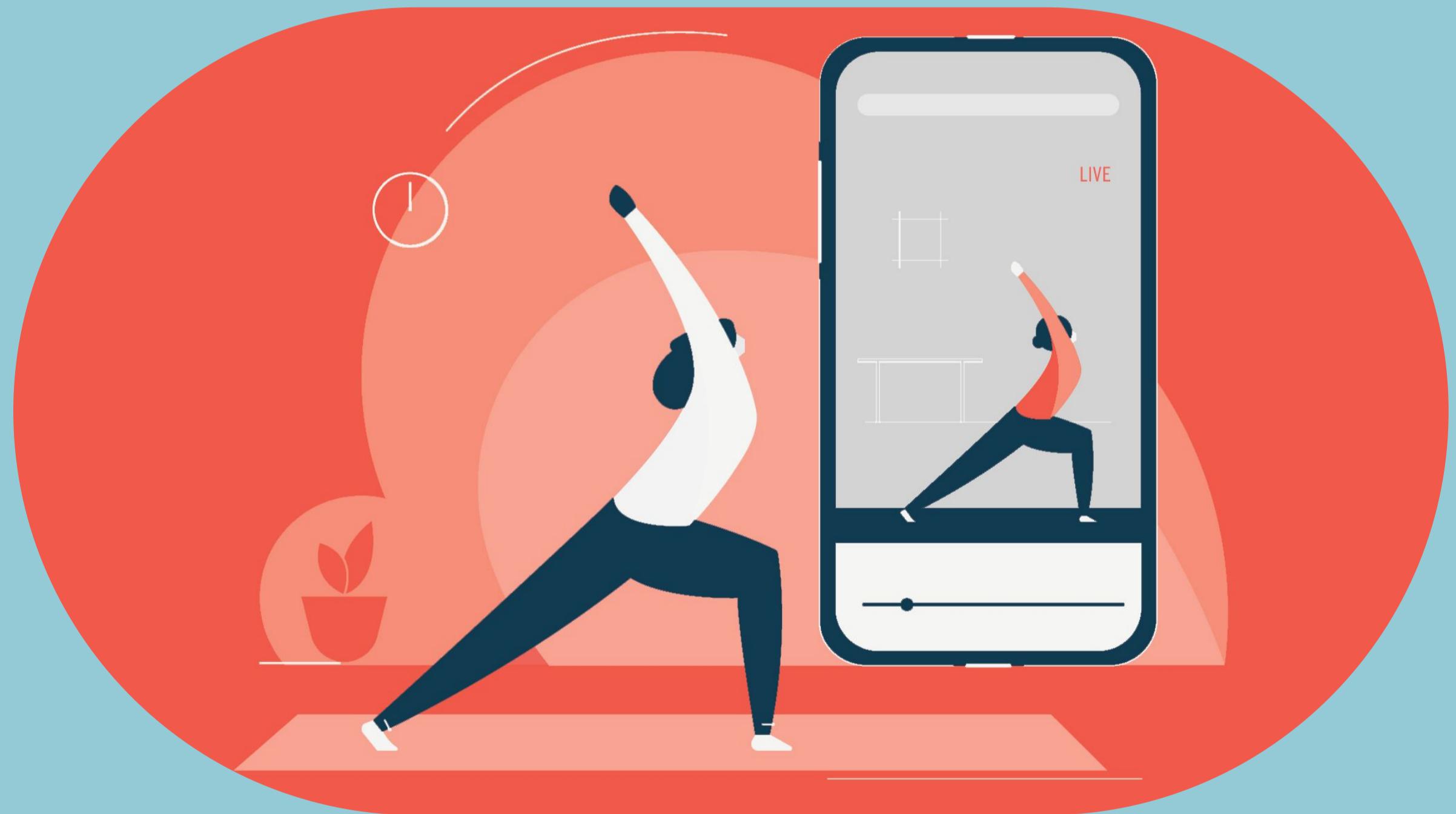


# Welcome !



**Stay Safe**

**Get  
Vaccinated**

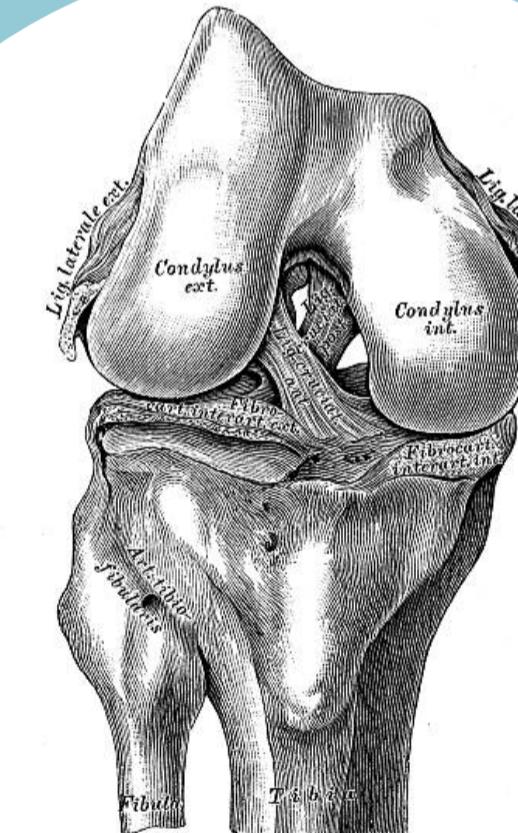
**Get Started**

# GET YOUR PERFECT WORKOUT DONE WITH PERFECT EXERCISES

## Select disease for workout



**Diabetes**



**Arthritis**



**Blood Pressure**

## Training Programs



### **Yoga**

Enjoy yoga sessions for all, body elasticity and body type. Categorized in -  
Chair Yoga  
Power Yoga  
& Many more



### **Muscle**

Regular strength training improves health. As it manages blood sugar, builds stamina & many more



### **Fitness**

Proper training according to body height, weight & various other parameters to improve oneself in sustainable way.

# Exercises for Arthritis

**The following types of exercise may help relieve the pain, joint stiffness, and other symptoms that rheumatoid arthritis (RA) can cause:**

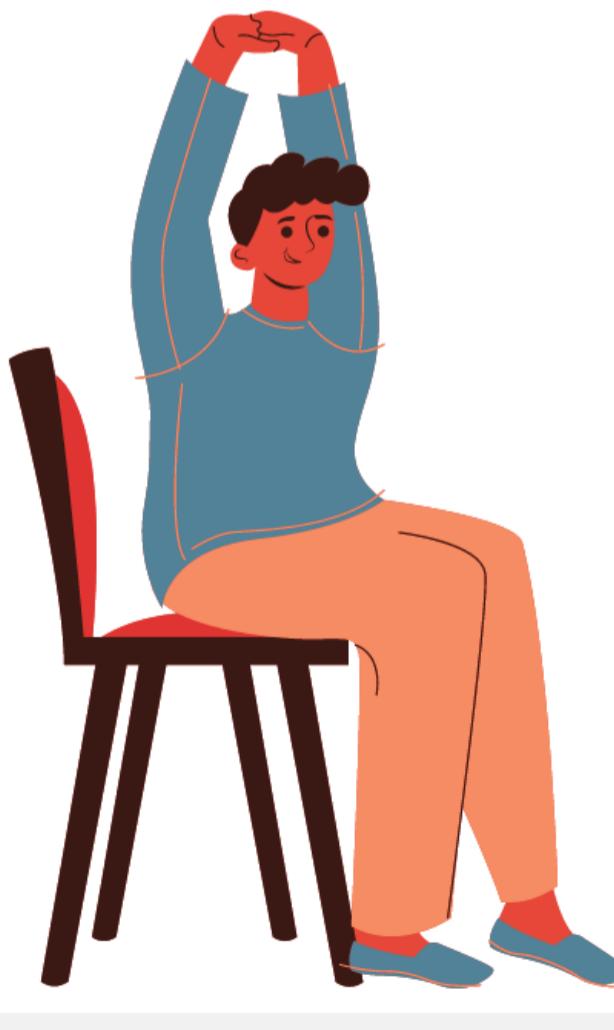
- 1. Stretching**
- 2. Walking**
- 3. Flowing movements, such as tai chi and yoga**
- 4. Pilates**
- 5. Water Exercises**
- 6. Cycling**
- 7. Strength Training**
- 8. Hand exercises**
- 9. Gardening**



## Exercises for Arthritis

### Stretching

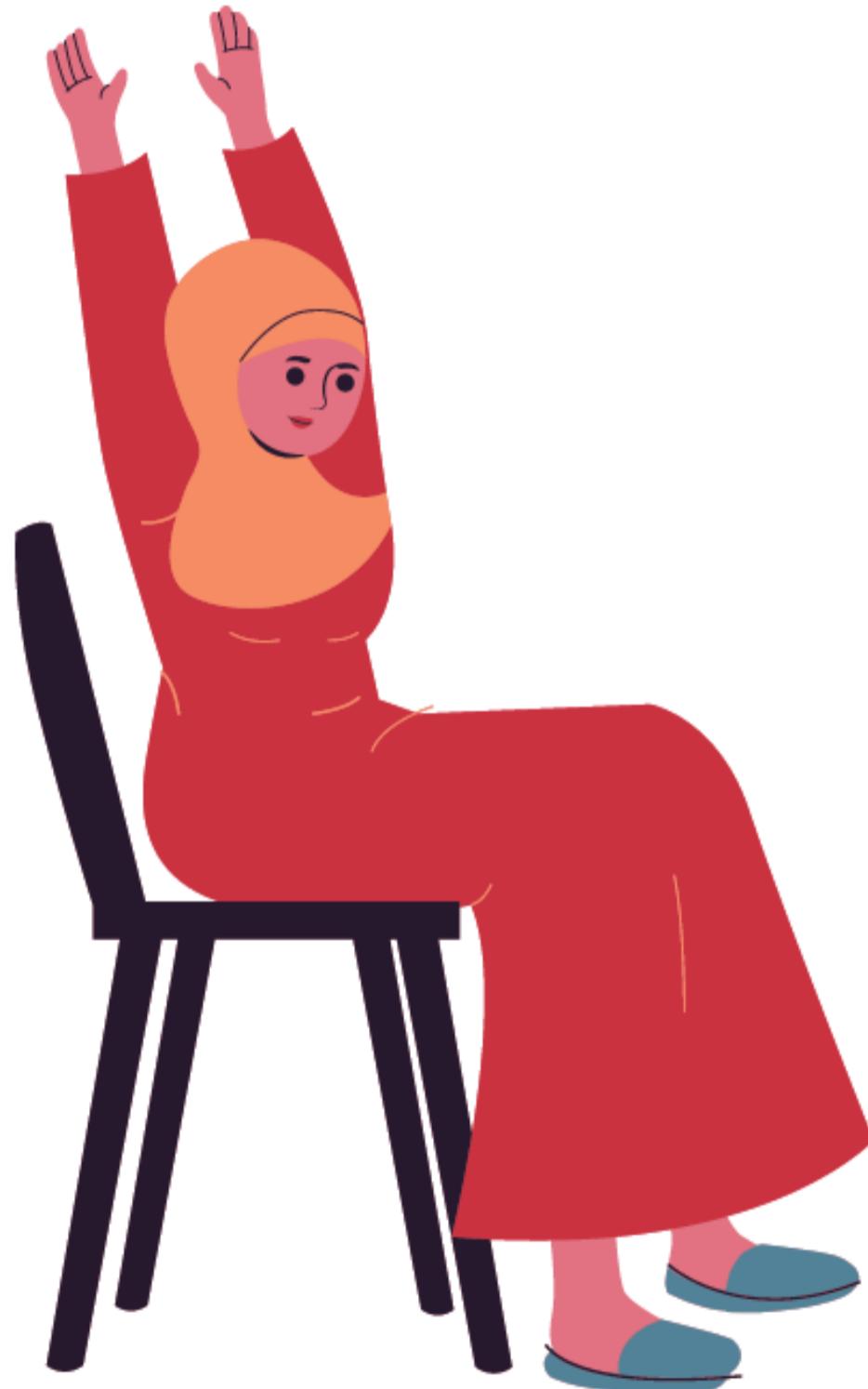
**With Chair**



**Standard**



## Exercises for Arthritis



**Sitting Hand Raises**



//60sec

//quotes & water reminder

## Exercises for Arthritis



**Standing Back & Leg stretching**



//60sec

## Exercises for Arthritis



### Chair supported Lunges



//60sec

## Exercises for Arthritis



### Sitting Leg Stretching



//60sec

# Welcome Back!



User ID

Password

Log In

Haven't Signed up yet ?

Google

FB

Phone No

## Exercises for Arthritis



### Standing Side Bend



//60sec

//quotes & water reminder

## Exercises for Arthritis



//60sec

## Exercises for Arthritis



**Forward Bend**



//60sec

//quotes & water reminder

## Exercises for Arthritis



### Seated Lumbar Flexion Stretch



//60sec

## Exercises for Arthritis

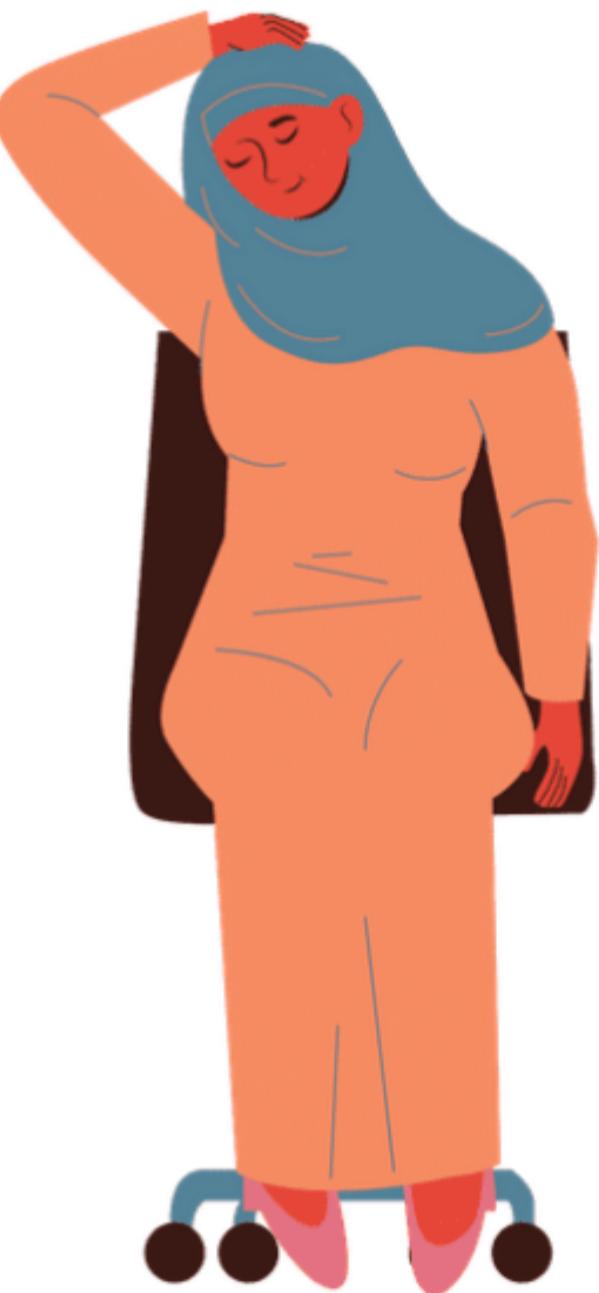


### Meditation



//120sec

## Exercises for Arthritis



**Sitting Neck Stretching**



//120sec



# Hey There!

Name

Email Id

Password

Phonenumber

Sign Up

Sign Up via

Goggle

FB

Phone No

//quotes & water reminder

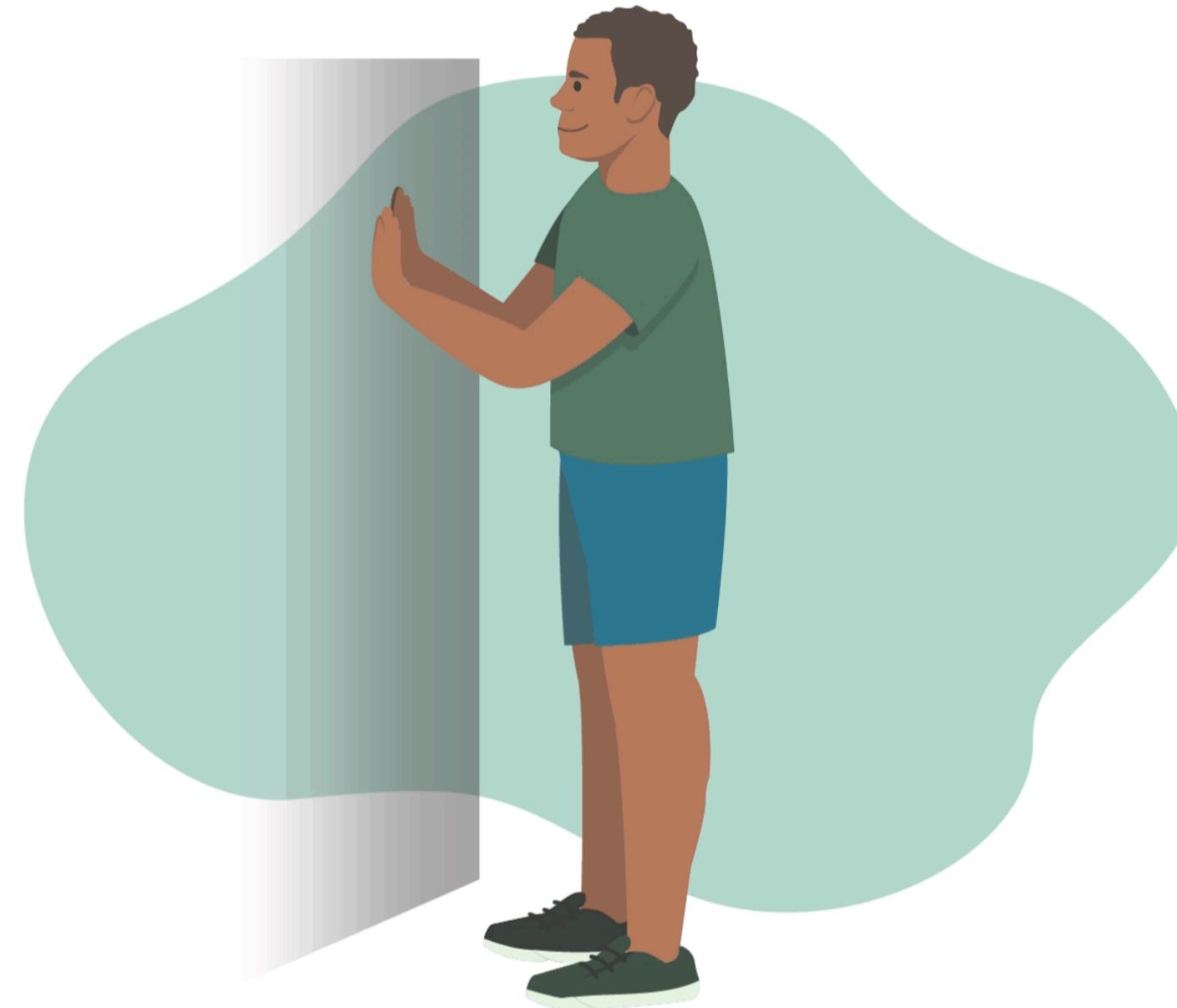
## Exercises for Arthritis



**Forward Bend**

//60sec

## Exercises for Arthritis



### **Standing Lunging Calf Stretch**



//60sec

## Exercises for Arthritis



**Standing Quad Stretch**



//60sec