

"Strengthen Your Skills & Boost Your Confidence"

- ☞ Bring in some good new habits into your hectic lifestyle
- Set your alarm 20 minutes earlier & get in some exercise before work
 - Take a walk to buy a news paper or a brisk walk around the block
 - Opting for cycling to work by ditching the car, this will give you time to

prepare mentally for the day ahead. Frustrating commute will do wonders for your stress & fitness levels.



Be TUNED IN to know more.....

For more guidance & tips email to - activity@wellnessway4u.com