

# "Strengthen Your Skills & Boost Your Confidence"



☞ Indulge at least in one hour of physical activity everyday

- Make your exercise more fun
- Join a class you like. Dance, swimming and aerobics
- Any activity which makes you involved completely in it is very good for

health.



**Be TUNED IN to know more.....**

For more guidance & tips email to - [activity@wellnessway4u.com](mailto:activity@wellnessway4u.com)