

# "Strengthen Your Skills & Boost Your Confidence"

☞ Is your lifestyle holding your exercise back?

- The leisure activities have altered over – television which broadcasts 24 hours a day, 7 days a week
- The computer games have impacted on both children & adult activity level
- Think about getting involved in a hobby that will keep you moving- try engaging in belly dance or salsa, or getting a few friends together to go on trekking.



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

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

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