

"Strengthen Your Skills & Boost Your Confidence"

☞ Is your lifestyle holding your exercise back?

- The car is king over exercise- travelling routinely distances in cars that are perfectly walk-able, has made us less fit in both our cardiovascular systems & general leg strength
- Increased computer usage over exercise- working on a PC is very sedentary
- To stay fit you can easily squeeze in a 30 minute walk- for this make the most of your lunch hours.



Be TUNED IN to know more.....

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

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