

# "Strengthen Your Skills & Boost Your Confidence"



- ☞ Just stick to your healthy lifestyle and don't give up
- Walking to the nearby market and taking upon more household chores
  - Use stairs instead of lifts. Going side by side along with your kids while they are cycling
  - Try not to over exert yourself. Stop when your body needs you to do so.



Be TUNED IN to know more.....

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