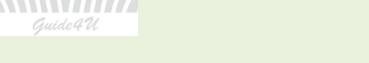
## "Strengthen Your Skills & Boost Your Confidence"



- 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

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