



EXERCISES

Warm Up	5 to 10 min	
Toe Touching	25 to 100	
Leg Raise (Front and Side)	25 to 100	
Side Bend	50 to 100	
Back and Front bend	10 to 25	
Squats	5 to 25	
Hand and Neck exercise (2 kgs weights)	50 to 100	
Sleeping (Leg Raise Front, Side and Back)	10 to 25	
Crunches	5 to 25	
Leg Rotations (Clockwise, Anti Clockwise)	5 to 20	
Both Leg Rotations (Clockwise, Anti Clockwise)	5	
Rest	5 min	
Do all these exercises at a gentle pace. Do not hurry. Do not hold your breath while exercise Keep atleast 1 and ½ hour gap between eating and exercise		

Ms Nedam,

Morn:- Warm Water with lemon.

4 soaked Almonds + 2 Walnuts + ~~Date~~,

→ Eye.

10.00 → 1 Fruit + Sprout.

↓ 1/2 hr.

11.00 am (Oats or Dalिया) Milk.

1 pm:- lunch as before. with leafy veg.

4.00:- Tea.

5.00:- Fruit

Dinner:- Soup + Veg Paratha (Dahi + Salad).
+ ~~roti + veg (leafy veg..)~~