

my fitness routine

GET READY TO BREATHE BETTER - IN YOUR CHAIR

A GIFT

just for you

**BUILD CORE STRENGTH, BURN BELLY FAT, LOSE WEIGHT AND BECOME FIT- ALL
FROM YOUR HOME-NO EQUIPMENT NEEDED**

<https://hotbreathing.com> Ph: 408-430-7099
sdas@hotbreathing.com



HOT BREATHING FOR SENIORS -HEALTHY ROUTINE

[HTTPS://HOTBREATHING.COM/TELEWORKOUT/](https://hotbreathing.com/teleworkout/)

**Join Dr. Shyam Das, Ph.D for
Free Five sessions to learn to
breathe to the fullest & loose
fat**

SAT,SUN,TUE,THU AT 11:00 AM CST

SDas@HotBreathing.com
Ph: 408-430-7099



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PREVENTS FRACTURES

Increase bone strength & Flexibility

INCREASE MUSCLE TONE

Strengthen Muscles, Increase Flexibility

ENHANCE LUNG CAPACITY

Breathe more Oxygen, Increase metabolism, stamina and longevity

IMPROVE TEST RESULTS

Improve blood pressure, diabetes and cholesterol