

# Woman's Health & Wellness Open House



**Our mission for health and wellness**

- Healthy longevity
- Independent life
- Functional fitness

## Key takeaways

- **Ghrelin & Leptin connection :-** Eat as per your hunger. The quantity of the food you consume is different daily (i.e. it depends on physical activity, sleep quality, mental health, emotional well-being). You are a human, (and not a factory product) and hence the daily quantity of the food varies.
- **Cortisol connection :-** Cortisol releases first thing in the morning and it helps you navigate your day smoothly and when this happens cortisol is not a stress hormone. This ideal situation is the result of your
  - eating wholesome and on fixed time
  - exercising regularly
  - regulated bed time
  - mental and emotional well-being
- **Sleep :-** The most undervalued and underrated gift. Regulating bed-time solves more than 50% of your health concerns
- **Exercise :-** Strength and mobility training is non-negotiable. Invest yourself thrice a week and see the miracles.

**This is the foundation of good health and well-being.  
Build a strong foundation!**