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**StayFit@Home**

**Day& Date:**Wednesday, 25th November, 2020 **Time:**3:30 pm **Video Conferencing on Zoom**

StayFit@Home with **Ms. Bhavna Harchandrai,** an Internationally Certified Fitness Instructor and Writer for over 2 decades.

Being homebound since months has put everyone’s exercise routines in a tizzy. Limited activity at home followed by extended time on laptops and mobile phones has led to an endemic of issues such as slouched backs, neck strain and Carpal Tunnel Syndrome (CTS).

Ms. Harchandrai will take us through a full-body fitness session using things commonly found at home to address these issues.

Wear comfortable exercise gear, and keep the following props ready to gear up for a fun workout ahead:

* Stable chair,
* Equal weight mineral water bottles /dumbbells­­­­,
* Stretchy leggings / theraband,

Bath towel / mat,

* Old tie and
* Rubber bands

The workout will be followed by FAQs addressing concerns and giving practical solutions on how we can stay fit at home.

Mark your calendar and join us for an energising afternoon!

The login details to join Zoom Meeting are as follows-

**RSVP:**

Email - [ladieswing@imcnet.org](mailto:ladieswing@imcnet.org)

WhatsApp - +91 9820995375 / +91 9920065024

**Organised by**  
   
**Ms. Anuja Mittal                            Ms. Nishreen Khorakiwala**President                                           Vice President

**Health and Holistic Committee**  
   
**Ms. Anar Shah                                     Dr. Asha Dalal**Chairperson                                          Co-Chairperson             
  
**Advisory**– Ms. Leena Vaidya

**Members**– Ms. Bhavana Trivedi, Ms. Jyoti Doshi, Ms. Reena Rupani