



**HEALTH 360**

# WHY THIS TOPIC



The lockdown gave us time to build a routine and work towards a healthy lifestyle. But once we returned back to our normal lives, we started neglecting health again.

Through this campaign, we want to raise awareness about building a lifestyle that focuses on body, mind and soul.

# INTRODUCTION



A healthy lifestyle keeps you fit, energetic, and reduces the risk of diseases. According to WHO, healthy living is a way of living life that helps you enjoy more aspects of your life.

When adopting a healthy lifestyle, a person tends to be more positive and their approach towards life becomes better.

# OBJECTIVE



- To raise awareness and advocate a healthy lifestyle
- To derive maximum benefits from conducting various health and fitness related events.

# COMMANDMENTS TOWARDS HEALTHY LIFESTYLE



- Mindful eating
- Hydrate yourself
- 8 hours of sleep
- Move your body
- Reduce screen time
- Social detox occasionally
- Meditate
- Act on kindness

# WHAT WE ARE NOT DOING



We are not promoting any diet or fitness regime.  
We believe that each body is unique and each person should build a lifestyle that works well for themselves.