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Mind And Body Motivation 2

Mira Rajput shares three things that she does right after waking up for a healthy mind and body. One of the steps included in the list was 12 rounds of Anulom Vilom. Read on to know more.

Here are three things Mira Rajput does after waking up for healthy body and mind

Onelife Fitness personal trainer Brian Cavanaugh joined us with his philosophy on total mind and body fitness.

Mind and Body Fitness

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conditioning, practice, precision, grit and passion. Sometimes, both external and

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The Mind and Body Connected:

Athletes and Mental Health

According to a new study, there may be two distinct types of fatigue: recoverable and unrecoverable. Here's how to identify and manage both.

There Are 2 Distinct Types of Fatigue—Here's How They Affect Your Motivation

Jani du Toit is running her way through her second pregnancy. Here she lists a few alternative (and healthy) ways she's found to stay hydrated: "Staying Hydrated is very important and sometimes also ...

My 5-day streak with the Mind Uplift Tool: PART 2

It's the distance in miles of a marathon race, the Mount Everest of running. There's also a 13.1 sticker for the half-

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marathon, for runners not quite ready for prime time. This weekend the Tokyo

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9 Ways to Get Over a Girl Who Led You On and Speed Up the Healing Process

Although not everyone experiences panic attacks, most of us have sought relief from worry, stress, and self-doubt. The mind can be an unruly place. But these natural tendencies do not have to rule the ...

The hot chocolate exercise and 3 other tips for reaching a restful state of mind

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Jennifer Shugar is the owner of Unstoppable Fitness in Napa. Jennifer Shugar, owner of Unstoppable Fitness in Napa, admitted that she wasn't athletic when she was growing up. "I was overweight, ...

10 Questions: Shugar is sweet on fitness, for both body and mind

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An End To Body Image Anxiety**

Tea consumption has shown that it can temporarily increase metabolism, the process by which your body converts what you eat and drink into energy.

**4 benefits of tea that can help with
a healthier body and mind**

A trainer says traditional back squatting is an outdated workout, and there are safer lower-body workouts that can produce the same results.

**2 leg workouts to try if you hate
squats but want to burn fat and
build lower-body strength**

The 23-year-old had a meteoric rise in the past six months as he first impressed in the IPL after being picked up by Rajasthan Royals and then went on to represent India ...

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