

Tips to reduce belly fat!



Breathe Deep, Stay Calm.



Wellness at Work



Eat Clean, Feel Great.



Sleep Well, Live Well.

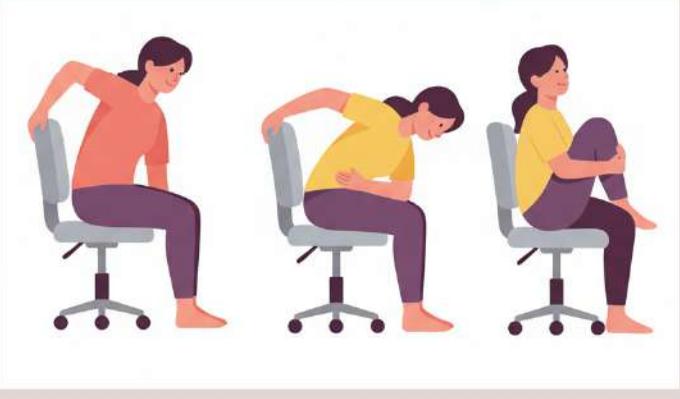


Tip-1 Take micro-breaks

Stand or stretch every hour to activate core muscles and boost metabolism.

If you can walk for three minutes every hour, you would have clocked 2k steps during your work time (Moderate pace)

Tip-2 Practice chair yoga



Try seated twists, gentle stretches, and knee lifts to engage the abdomen—even at your desk

Tip-3 Pack fiber-rich lunches



Choose salads, pulses, and fruits over processed snacks to stay full and curb overeating

Tip-4 Sip Ayurvedic teas



Keep ginger-cumin or Ajwain water at your workstation to support digestion and reduce bloating naturally

Tip-5 Tech-free eating



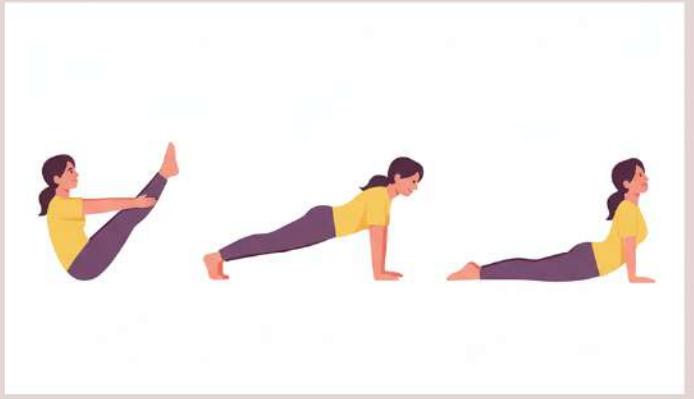
Put away screens during meals to encourage mindful eating and prevent stress snacking.

Tip-6 Use breathing techniques



Spend five minutes after lunch on deep belly breathing/ Kapalabhati to boost digestion and metabolism

Tip-7 Fit in mini yoga routines



Perform Boat Pose, Plank, and Cobra Pose for a stronger core. Start doing ten times per day, increase the count everyday. You can take a break for a day and start with ten counts, gradually increasing.

Tip-8 Prioritize sleep



Switch off devices 30 minutes before bed; balanced sleep keeps fat-storing hormones in check

Tip-9 Snack on nuts and seeds

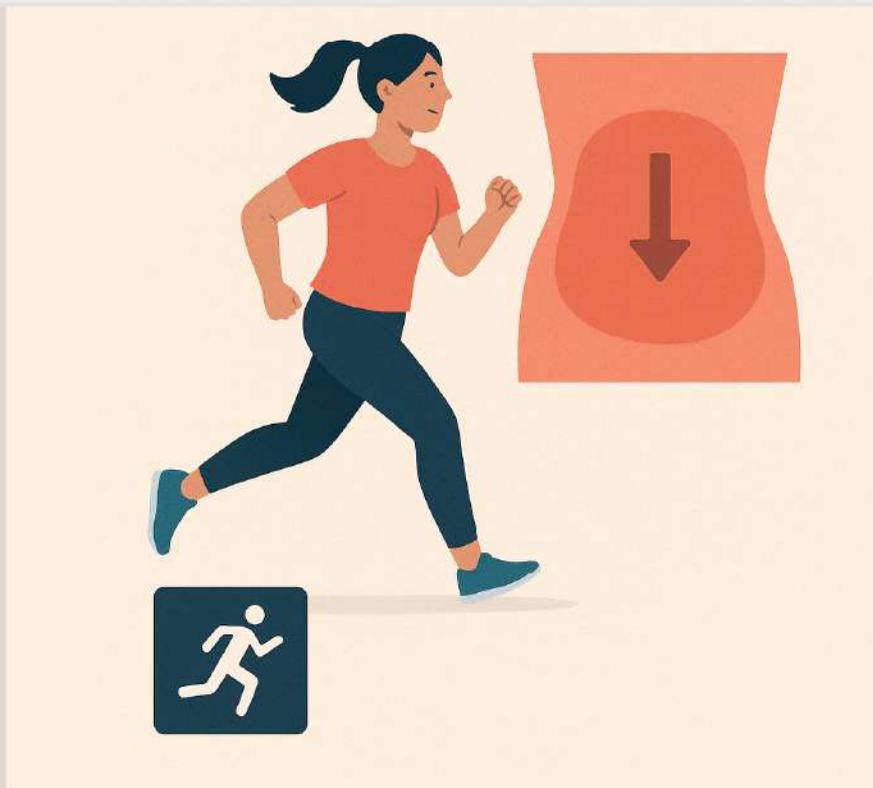


Carry almonds, walnuts, and roasted legumes for real satiety and less belly fat build-up

Tip-10 Step it up



If you can walk briskly during calls, use stairs to climb up and down and be active, you can complete 7K -8K steps daily.



MOVEMENT AND CALORIE DEFICIT ARE THE KEYS FOR VISCERAL FAT REDUCTION

For doubts and queries, please reach out:

wellness@quadratyx.com