

100 Video Scripts for Coaches

Reel-1

5XL Milna thoda Mushkil Hai mam ,
thoda kya pura hi Mushkil Hai Yahi line bol rahe ho na Mujhse
chalo 30 second main batati hun vaise 5 XL aap dhundh hi Kyon rahe ho kya pata 2 XL hi aa
Jaaye ..
ab aap sochoge yah to Sapna hi hai yaar lekin Hum to Sapno ko Hakikat Mein Badalte hain
lekin koi baat nahin aap reel scroll karte jao Wapas aa Jana Jab Lage theek aapko

Reel -2

Raat ko kab Nind aati hai aapko Khud pta h?
Nind nahi aati to kya reel scroll karte ho?
Binge eat Karte rahte ho ?
emotional trauma Mein Wapas Chale Jaate Ho FIR Kisi Ko koste Ho ,Rote Ho, FIR sochte
Ho Jindagi khatam?
Kyun Bhai Kyun?
aao na mere pass Dekho Meri profile Agar aapke face per smile na aaye to unfollow kar
dena
Jao Meri profile Mein Dekho

Reel -3 - Advertisement

Mera naam... Mai pehle ek (like - house wife / working...) thi and health community
mai aane ke pehle mujhe (problem) mujhe lagta tha ye esa hi rahega but mene ye
issue cure kiye with the help of virtual fitness community & adopting a healthy active lifestyle
and
now i am a health coach / wellness coach and mission on helping 5 more people this month
who are suffering from lifestyle disease.. Like pcod, thyroid, sugar etc. And are not able to
cure themselves & looking for a health coach... .
So if you want to join my mission drop your name & no.

Reel - 4

Kya aap bhi vo galtiya kr rahe ho jo mene kri thi apne health issues ko thik krne ke liye..

Kyoki jo hum apne aas pass se sunte hai vo karne lag jate hai... jese mene... . . (share jo
aapne kabhi kiya hoga)
but is sabse koi benefit nhi mila or health issues vahi ke vahi...
baki meri energy or jyada down ho gai...weight bhi pehle se jyada badh gya...
to aaj mai apse puchti hu aap bhi apni health ko thik krne ke chakkar mai weight gain to nahi
kr rahe.. Mujhe comment mai batao.....

Reel -5

Kya aap bhi soch mai pad gye mene apne health issues ko kese thik kiya or mere badhte
hue pet Or weight ko kese kam kiya?
Vese apko sahi batau na weight loss krna utna tough nahi hai jitna usse maintain rakhna fir
bhi apko batati hu mene apni life mai kin kin chizo ko add kiya or delete kiya

Sabse pehle mene health community ko find out kiya taki mujhe unse daily motivation mile
Mene apne hydration level pr work kiya jisse mujhe amazing results mile
Then apni sleep level pr work kiya
Jab mene apni diet dekhi.... Oh my god itna change krna chiye... then i started day by day...
. 1 din mai kuch bhi nhi hua ye sab mene ek health coach ke jariye kiya
To kya app apni habits ko change karna chahte ho ? Mujhe comment mai batao

Reel-6- Advertisement

Tried everything but not able to see the results jaise starving, dieting, fasting, aggressive workout kr liya...
Well itna sab krne ke baad bhi apko results nhi aye to frustation level kitna badh jata hai to lagta hai sab kuch chod de right?
Mai bhi bhaut pareshan ho gai thi starting mai sab kuch try kiya exercise diet etc etc
But fir mene esa kya kiya jisse mujhe results mila... sabse pehle mene ek health coach dhoondha apne liye... ek community ko join kiya or mene unki saari baaten follow ki... and that's how you can see me now
To aap bhi ese hi ek health coach ko dhundh rahe ho jo jab tk ki apko results na mil jaye apka hath na chode... to soch kya rahe ho jaldi se consultation call book kro jo abhi ke liye bilkul free hai... details ke liye comment kro coach

Reel - 7

Kya aapane Kabhi apni body aur mind ki needs ko samajhne ki koshish ki hai??
kaise karenge Kabhi Apne Man ke control Se Bahar Aaye Honge tab na but Chalo Koi baat nahi I am wellness coach...(name)jo ki na sirf aapko physically fit karungi balki mentally emotionally and spiritually bhi but Itni deep baten main aapko Ek reel Mein To Nahi Bata paungi iske liye aapko mujhe abhi message karna hoga aur mai apko personally guide to krungi jisse aap apne aap pehchan payengebye the way message karna Mat Bhulna

Reel -8

Kya aap Jante Hain agar aap apne thoughts ko positive banaenge ya positive affirmations kare, ya daily gratitude practice kare to aap mentally emotionally to strong Honge hi balki physically fit bhi ho sakte hain per kya aapko iska Sahi Tarika Nahin Pata ya ek do din karte hain FIR Bhul Jaate Hain
To Main Hun aapko emotionally mentally physically Puri Tarah Se fit karne ke liye I guarantee u faith karne ke liye mere page ko regular follow Karen.

Real- 9- Advertisement

1 ghante ke kam ko aap double time mein pura kar rahe hain because of low concentration
important decision Lene Mein chuk Jaate Hain ya itna time lag jata hai ki jisse ki apki personal ya professional life effect hoti Hai...
छोटी-छोटी Baton per gussa frustration rahata Hai mood swings hote rahte hain
SO u r at the right video because mai apki help kar sakti hun pr aapko usko theek karne mai sirf 90 days tak 1 ghante ka time Dena hoga to kya aap ready hai ?

agar ready hai to mujhe bhi message Karen "ready"

Reel 10 -Advertisement

Aas paas itne log Hote Hue bhi kya aap lagatar Udaas rahte hain yah emotionally numbness mahsus Karte Hain

Kabhi Koi hope aapko Dikhai Nahi Deti

future ko Lekar negative Outlook Hota Hai

Pahle Jo activities enjoyable lagti Thi ab unme interest or enjoyment ki Kami hoti hai

so you are at the right video trust me Universe ne is video ke jariye mujhe aap tak pounhaya hai...app apni happiness and enjoyment life se sirf ek hi message dur hai ... so just message me now "help"

Reel - 11- Advertisement

Kya aapka weight PCOS ki wajah se gain ho raha hai? Kabhi Socha Hai pcos Ki problem hui kyon Genetics iska reason sirf aur sirf 30% hai Baki 70% aapka lifestyle, diet Mein junk food high sugar food ho sakta hai aapka excessive stress body ke harmons per negative impact dalta hai poor sleep ya irregular sleep pattern se insulin resistance aur hormone imbalance badh jata hai ,I know aap Yeh Sab Anjane Mein kar rahe hain but i am wellnesscoach.....(name)and i can help you to overcome from this and weight loss expert to mai hu hi to jaldi se message kare aur PCO ki ke aap or kya problem face kr rhe hai

Reel -12

Kya aapko weight loss ke dauran work, family or self care mai balance Banane Mein tough Hota Hai to yeh video hai aapke liye ise end Tak Jarur dekhna

kya aapka schedule Busy rehta hai

kya aapka apne aap par ya work per focus karna Mushkil hota hai

theek Tarah Se Goal Nahin banaa paate

agar aap in mein se Kuchh Bhi face kar rahe hain to mujhe abhi message Karen I will guide u personally and yes don't forget To share and save this video

Reel - 13

Kya aapko excessive sweating hoti hai even when it's not that hot ,

Thodi Si Garmi mein jyada Garmi mahsus hoti Hai ,periods irregular Ho Jaate Hain aur kabhi kabhi periods light ho Jaate Hain

Aksar eyes Mein irritation dryness aur vision ki problem hoti hai, Aksar raat ko Nind nahin aati ya der se Aati Hai

agar aap in me se kuch bhi face kar rahe hai to mujhe abhi msg kre i will guide you personally and yes don't forget to share and save this video

Reel -14

I know late night craving ko control nahi kar pate

stress ki wajah se over eating bhi kar lete hain

weight loss ke bad regain ho jata hai

sugar aur junk food ko avoid karna challenging Hota Hai

weight loss ki Sahi information ke liye kis per trust Karen kis per na Karen isi confusion mein weight day by day badhta ja raha hai
Kahin Aisa Na Ho weight badhane ke साथ-साथ disease bhi complementary Mein mil jaaye
Kya apko bhi esa lgta hai night shift ke karaan hi apko health issues hue to mujhe comment kre

Reel - 15

Kya aapko emotional eating ka habit control Nahin Hota ?
healthy eating kafi expensive lagta hai ?
weight loss journey Mein family aur friends ka support Nahin Milta ?
motivation loose Ho Jata Hai Jab result Nahin Dikhta?
Agar aap bhi Yahi problem face kar rahe hai to aap bilkul sahi video per hai Kyunki Maine lots of person ko isi situation se bahar nikala hai aur results Bhi Diye Hain
meri profile mein jakar Khud Hi dekh lo and by the way Koi support kare na Karen I am your biggest supporter

Reel 16

Diet follow karna mushkil hota hai
Gym regular jaana manage nahi hota
Weight loss mein consistency maintain karna tough lagta hai
portion control karna difficult hota hai
Ghar ke khane mein calories control karna challenging hota hai
Want solutions to all these?
To abhi mujhe follow kro and get all ur unsolved answers on my Instagram page - @.....
(Insta page name)

Reel- 17

Shaadi mein jana hai packing to kar li Hogi
lekin dawaiyon wala dabba bhi Rakha Ki Nahin jismein diabetes thyroid aur Na Jaane क्या-क्या dwai Hai
Shaadi Mein ja rahe ho ya doctor ke pass ?
enjoy bhi Karoge vahan per Kabhi Socha Hai yah dawaiyan chhut sakti hai agar aap apna khana Pina Sahi kar le to
Aao na main batati hun kaise kab kya khana hai jisse aapki sari medicine chhut Jaaye...

Reel -18

Haaye!
Ek To weight Kam Nahin Hota aur Upar Se Itna Sara stress
Jaise husband phone Nahin Utha Rahe to stress
Aaj bacche ne khana nahin khaya to usse stress
Main To Sab Kuchh Sahi Karti hun but Kisi family member Ne Kuchh bol diya to stress
2 din baad bahar jana hai Kahin but uska stress Aaj Se Hi aur Na Jaane kis kis baat ka stress
Are baba itne stress Mein ji kaise rahe ho aur weight loss Kaise Karoge?

but no problem I am (name...wellnesscoach) mere page ko follow krte rahiye appko kafi help milegi

Reel-19

Hey you!

apne Idea weight per to aana hai

disease free Rehna Hai

smart dikhna Hai

Jahan Bhi jaye log aapke fitness Ka Raaz Puche

yah sab Ho bhi Jaega Mil Bhi Jaega but vo first step Lene Se darte Hain

Mujhse Nahin Hoga yeh diet viet

exercise ke liye alag se time nahi nikal paungi

Arre Itna sochoge To apni dream dress kese pehn paoge aur aap Akele Nahin ho mai hu

apke sath... . Vese aapne kitna baar start kiya and chod diya...mujhe comment mai batao ...

Reel 20

Agar aapka Sawal hai

Sabhi khane me calories equal hoti hai

carbs Nahin Khane chahiye

fat khane se aap mote Ho Jaenge

meal skip karne se vajan kam Hota Hai

8:00 Baje ke bad khane se weight gain Hota Hai

to main aapke inn sawalon Ka Jawab yaha Nahin Dene Wali hun Kyunki mujhe lagta hai

aapko Iske answer thode aur deep level per chahiye

right?

jo ki ek reel Mein To Nahin De paungi

to aapko karna kya hai just join my "free challenge" Jahan per main deeply in questions ko address karungi

lekin aapko Pata Kaise chalega?

yes bilkul bhi Socho mat just comment me "free challenge" aur Apna message box abhi

check kare aur Mujhe join Karen

Reel 21

Agar aapka Sawal hai

vajan kam kar karne ke liye Meetha chhodana Padega

Detox diet vajan kam karne mein madad karti hai

low fat aur fat free food Teji se vajan kam Karte Hain

sirf Pani Peene se vajan kam Hota Hai

to inn sawalon ke Jawab aiin yaha Nahin Dene Wali hun

Kyunki mujhe lagta hai aapko Iske answer aur deep level per chahie right?

Jo Ek reel mein to possible nahin hai to aapko Mujhe message karna hoga Mere free

challenge ko join karne ke liye Jahan per main inn questions ko detail mein bataungi aur aap

mujhe ek comment free challenge Karke join kar sakte hain.

Reel 22

Agar aapka Sawal Hai Jyada exercise Karne Se Jyada vajan kam hota hai

sirf cardio Se Hi vajan jata hai

target Karke specific area ka fat kam kar sakte hain
aapko bahut ghante workout karne ki jarurat hai
Jyada sweating hone se jyada Calorie burn hoti hai
To Main inn sawalon ke jawab Yahan Nahin Dene Wali hun Kyunki mujhe lagta hai aapko
Iske answer aur deep level per chahie jo ki ek reel mein possible Nahin Hai
To aapko kya karna hoga aap mera free challenge join kar sakte hain Jahan per main inn
sawalon ke jawab Dungi
aap mujhe comment Karke mere challenge ko join kar sakte hain to Abhi comment Karen
free challenge

Reel 23

I know Jab Bhi Pizza french fries burger ya Aisa Kuchh khate Hain To pehle cold drink order
karte hai, hain na aur Hamen Lagta Hai Peene Wali chij Se To Hamen Hamare weight per
kya hi Asar Hoga
but taste taste Mein yah bhi Bhul Jaate Hain ki usme bhi bharpur calorie sugar hai jisse
unwanted weight gain Hota Hai
to aap cold drink ko lemonade nimbu pani jeera Pani Lahori jeera se replace kar sakte hain
ise try Jarur karna Agar Achcha Lage to like aur share bhi kar dena

Reel 24

Jab Bhi Hum weight loss ke bare mein sochte hain to sabse pahle YouTube, Google ya
aaspaas Sabki ki Salah se try karte hain aur koi result to Milta Nahin Hai
To result kahan Milta Hai
Meri health community Mein jaha daily aap sikhte hain aur fir usse implement karte hain
jisse aapko result to Milta hi hai lekin ye sustainable result Hota Hai
To agar aapko chahiye Aisi community Jahan hundred percent Sahi guidance mile to mujhe
follow krte rahe Or kuch hi dino mai apko aap khud difference pta lga payenge

Reel 25

Doctor ne aapko सेर karne ke liye bola hai but ghar ke kaam, Office ke kaam se Fursat Nahin
milati to kaise karen steps ?
dear aapki yeh lack of activity ho sakta hai
aapke vajan ke sath sath aapko bimariyon ki taraf Lekar ja rahi hai
Jise aap lagatar ignore Karte Ja Rahe Hain
but aap bilkul sahi Video dekh rahe hain Kyunki Main wellness coach (..your name) isko
karne ka Sahi Tarika, Samay, Sab Kuchh batane wali hu Apne (.....) challenge Mein To der
kis baat ki jaldi se join Karen aur Dekhen kitne Sare log result le rahe hain aur aap bhi le
sakte hain

Reel -26

Yaha vaha se kahi se bhi video dekha kr aapne bhi steps krne shuru kr diye pr consistency
nhi laa paye jisse ki steps ke sath stress aa gya
To kya itne pressure ke sath aap steps kar rahe ho?

by the way steps karne se stress release hota hai but aap Aise Karke steps nahi stress Badha rahe ho
consistency ke sath steps karne ke liye aapko Ek community ki jarurat hai jo ki daily basis per aapko healthy environment aur healthy competition de vah to aapko Sirf Mere hi Sath mil sakta hai
to der kis baat ki follow karte raho aapko Pata Lag jaega kab se aap apne steps Mein consistent Ho Gaye

Reel -27

Aapse exercise Nahin Hoti h
aap exercise Nahin karte
time nahin hai aapke pass to bilkul Bhi Mat Karna Kyunki exercise na karne ke bahut Sare benefits hai Jaise
aapka weight gain ho jata hai badiya to hai
Are heart problems iski to koi baat hi Nahin
energy Hamesha Low Rahegi vohi to chahiye aapko
Muscle weak bahut acche hain na
mental health issues to normal hai
Dekha kitne Sare fayde hai
vaise main (....) free challenge Chala rahi hun
dekh lena Agar yah benefits Lene ho to Rahane Dena
mat Aana
aur Agar aana hai to link share kar rahi hun jaldi se a jao
Comment to karo pehle

Reel -28

Mujhe exercise to karni hai
diet to follow karni hai
per Kya Karun Subah Utha Nahin Jata
diet Nahin Hoti
Dekhiye Hamen Pata to sab hai
aaj ki Busy life mein Din start hone ke bad kisi ke pass time nahin rahata apni health per focus kar sake
aur Yahi agar aap Subah uth kar thoda exercise yoga cardio Kar Le To full Day energetic Rahenge
Ek Bar try to Karke Dekhen aur Agar consistency ka problem Aaye To samajh Jana aapko
Ek health coach ki jarurat hai jo ki aapko Pata hai main hun
or Aap Kahin per bhi ho Duniya ke kisi bhi Kone Mein Aapki Subah uthne Ki habit ko 100% regular kar Dungi
Kaise ?? With the help of a healthy community with me jo ki Sirf Mere hi page per available hai.

Reel-29

Ek Hi to Zindagi hai
ab Nahin khaenge to kab khaenge
Bahar ka khana Nahin Chhoda Jata
Aapne Aksar Aisa Suna Hoga right?

vaise Sahi bhi hai chizen bani hai to khane ke liye bani hai
per aap ek baat notice Kariyega , khane ka taste sirf aur sirf Hamari tongue ka hi hai
tongue se niche Jaate hi khana ka koi taste Nahin Rah Jata
sirf 1 minute ke taste ke liye aap Bina soche samjhe apni precious body Mein Kitna
unhygienic ya regular Bahar ka khana khakar unwanted bimariyon Ko invite kar rahe hain

aapko sirf ek Chhota sa kam karna hai aur aap Bahar Ke khane ko bhi enjoy kar Payenge
aur healthy body bhi Kaise aapko sirf balance karna sikhana hai
yakin maniye Ek health coach se behtar yeh technique aapko Koi Nahin Sikha sakta
abhi bhi nahin samjhe aap ek health coach ki video dekh rahe hai... socho socho

Reel -30

"I can't focus on me because of my family responsibilities"

Yeh To Har person Ki Kahani Hai

Chahe aap ek male ho yaa female ho

lekin Jis responsibility ke liye aap apni health ko ignore kar rahe hain to yah ignorance ki
aapko Kitni Badi kimat chukani pad sakti hai... do you have any idea?

Aaj body Sath de rahi hai to yeh responsibilities kar paa rahe hain aur jab Baad mai time
nikaalenge apne liye, apni health ke liye,- apni body ke liye tab aapki body aapka Sath Nahin
Degi FIR Kya Kareenge?

aapko jarurat hai balance sikhane ki

to aao Main batati Hoon Kaise responsibility aur health donon chijon ko Ham sathe sathe kar
sakte hain

Reel- 31-Advertisement

I can't do exercise- give me other option

agar aap bhi Yahi problem ko face kar rahe hain to aaiye na mere pass Har problem ka
solution hai

aap exercise nahin kar sakte to walk kar sakte hain aur mera (10 k free step) challenge Main
To already log result le rahe hai

Per kya hai na Jab Ham Akele Karte Hain To Jyada Din Nahin kar paate

aur jab Ek healthy environment Mein Karte Hain To Hamen result bhi Milte Hain aur Hamare
goals bhi achieve hote hain

to Aapka yah problem khatm

jaldi se message kariye (10 k step) Challenge aur aa jaaiye.

Reel- 32

Mujhe weight loss to karna hai per night shift Hai Jiski wajah se main diet follow nahin kar
paati

Kya aap bhi Aisa Koi challenge face kar rahe hain ?

I can understand night shift Mein diet follow karna difficult hai but impossible nahi
infact aapko aur jyada apni health per focus karna chahiye Kyunki high chances hai aapko
weight gain ke sath sath Lifestyle related disease hone ke jaise diabetes, hormone
imbalance, thyroid, migraine, BP etc.

But aapko tension lene ki jarurat Nahin Hai Kyunki aap mere page per hain
aur mere paas Har problem ka solution hai
to Abhi message Karen 'weight loss' night diet plan lene ke liye.

Reel-33

Aaj Kuchh kha lete hain kal Detox kar lenge
really ?
kitne din nikal Gaye Aapke Aise karte karte
or detox ek din bhi nahin Ho Paya
weight Kitna Badha liya ?
aapko pata hai aap Aisa Kyon nahin kar pa Rahe Kyunki aapki life mein ek health coach ki
kami hai jo aapko push Karen, motivate Karen
so yah video jo aap Dekh Rahe Hain Na yeh Ek wellness coach Ki Hai
yes i m wellness coach (name)
no Procrastination Sirf action in right direction with me

Reel 34-

Hydration is very easy task really ? agar aisa hota to aap kab ka kar Chuke Hote
number 1 aapko yeh pata hi nahi hai ki hydration ki Kitni value hai
agar Pata Hai To aapane Kabhi feel nahin kiya Hoga
number 2 hydration se related Idhar Udhar Se video Dekhkar दो-चार Din to kar lete hain
Apna water intake complete
per isko Lifestyle Nahin banaa Pa Rahe
ise lifestyle banane ke liye 90 days Lagte Hain under guidance
Akele try karke To dekh hi liya aapane
Now u need a health coach Jo hydration ko aapka lifestyle banaa paye

Reel -35 (Work From Home)

Housewife Bankar Rah Gai hun
no social life no friends
Hanji ladies ye baat bhi kabhi kisi se kahi hai ya Apne Hi andar Rakh kar Baithe Hain to aap
apna Samay reels scroll Karke nikaalte Hain
Jisse Ki Kisi bhi Tarah ka koi benefit Nahin ho raha to aao Main batati Hun Kaise aap ghar
per hi Baithe Hue Apne Ek social circle friends ke sath sath naye skill Sikh ke apni earning
bhi kar sakte ho to hai na Sone per Suhaga to hai aapke pass ek do ghante to a jao

Reel- 36

ghar mein / kaam mai busy Hote Hue bhi aisa lagta hai ki aap Akele Hain?
Agar aapko Aisa Lagta Hai
To yah video hai aapke liye ise end Tak Jarur dekhna
vaise aap samajh hi gaye Honge ki agar aisa hota hai to yeh depression and anxiety ke
symptoms Hote Hain
aapko yeh sari problems Kabhi Ho Hi Na Agar aapke pass Ek acchi community Ho
ek healthy environment Ho Jahan sirf happiness fitness growth Ki Baat Ho

jisse aapki body mind Sab Kuchh fit Rah sake aur han yah sab Kuchh aapko mil sakta hai iske liye aapko Apne Hi Ghar par reh kar Ek online community Mere Sath join kar sakte hain toh jaldi se apne aap ko prepare kariye Mere Sath healthy community ko join Karne ke liye

Reel-37

Embarrass feel Hota Hai Jab shopkeeper Kahta Hai Ki we have limited collection of your size?

I can understand is situation se nikalne ke liye Kitni baar try Kiya Hoga aur Jab Koi Desire result nahi mila Toh Aapne Haar maan Li Hogi per woh Kahate Hain Na Bhagwan Ji Ne aisi koi problem hi Nahin Banai Jiska Koi solution na ho aur yeh bhi suna hi hoga Jahan Chaha vah Raha to ghabraaiye mat Main Hun aapke sath jab tak aapko shopkeeper Yah Na kah De are aapke size ki to har dress mil jayegi to ab Choose aapko karna hai embarrassment ya compliment

Reel- 38

Maine bahut bar weight loss Kiya per Har Bar bounce back ho jata hai Aapke sath bhi Aisa Hua Hai Kitni bar Mujhe comment Mein Jarur bataye Chaliye Ab Main batati Hun aisa hota Kyon hai Kyunki aapko Koi ek expert health coach Nahin Milta actually weight loss karna bahut Aasan hai per Mushkil Hai ise maintain Rakhna to main hun name Wellness coach aur about 100+ families ko weight management Sikha chuki hun Mere Sath log 3 Sal se Jude hain aur apne ideal weight per hai yeh Ek simple calculation hai aur agar aap isse Seekh gaye to Aap Kahin per bhi Jaaye Kuchh Bhi khaye aapka weight bounce back Nahin Karega but yah sikhane ke liye aapko mere pass aana hoga to der kis baat ki jaldi se message Kariye weight management I will teach u in the right direction.

Reel -39

Weight loss toh karna hai per Ghar wale bolte Hain kuch alag se karne ki jarurat Nahin

Achcha ek baat bataen overweight aap apne ghar Walon Ke Karan Hue ya apni eating habit ya Lifestyle Ke Karan sochiye to Jab aapne decide kar liya tab Apne Ghar Walo Ko apni weakness na banaen aapko jarurat hai Apna mindset change karne ki apni family ko apni strength banane ki unke liye aap apni health ko Achcha rakhiye extra fat kabhi bhi Akela Nahin Aata bahut Sare bimariyan Sath Lekar aata hai Kuchh Bhi Mushkil Nahin Hai apne will power ko strong Kariye Kyunki Main Hun aapke sath aapki wellness coach (name) full solution ke sath so message me your name and number

Reel -40

2-4 Din acche se workout Kiya

Park Gaye, gym Gaye, diet bhi follow ki per 5th day workout miss ho Gaya

aur fir diet bhi follow Nahin Ki

Aur agle Din isliye Kuchh Nahin Kiya Kyunki last day bhi miss ho gaya tha

Yeh problem common Hai

Jab Bhi Ham Kuchh naya adopt karte hain baar baar consistency break Hoti Hai

per iska matlab yah Nahin Ki Ham healthy lifestyle ko follow nahin kar sakte

consistency break na hone ke 100% chances Hote Hain Jab aapke sath Ek personal health coach ho aur dusra bilkul aap Jaisi Soch ka ek environment means Ek community

so I am name wellness coach aapki is consistency ki problem ko Hamesha ke liye solve kar sakti hun so just message me... . Consistency

Reel -41

Main 5 days baad Wapas junk food khana start kar deti hun

Okay no problem Jab Bhi Ham Kuchh new karte hain na to yah common Hota Hai

aapko 21 days Lagte Hain Usse Ek habit banane ke liye

aur 90 days Lagte Hain Ek Lifestyle banane ke liye

but agar aap Akele Hain To 90% chance hai aapko difficulties aaenge

aur vahin jab aap Kisi professional health coach ya Kisi community ka saath hai to aap ise bahut aasani Se Apna lifestyle banaa sakte hain

aur ek Raaz Ki Baat Bataun

note Kijiye Jab aap Mere Sath Hain Kyunki Main Ek professional health coach hun aap balance karna Sikh Jaenge

jisse ki aap Jab man Kare apna favourite food enjoy kar sakte hain

hai na amazing?

to Abhi comment box mein jao aur type karo apna Name and number

Reel -42- Advertisement

But meri to dieting ke baad skin aur hair Aur Bhi kharab ho gaye kya karun?

Aisa Kuchh aapke sath bhi Hua Hai To dekhiye

Jab Ham dieting Karte Hain To Hamari body ko jitni demand khane Ki Hai

usse kam khaten hain aur physical activities ko increase kar Dete Hain

aap bhi aise hi Karte hoge

per aap hi sochiye Jab body se kaam Jyada le rahe hain

to khana kam Kyon de rahe hain

jarurat Hoti Hai calorie cutting ki nutrition cutting ki nahin

balki sahi nutrition ko increase karna chahie jisse ki yah sari problems Nahin aaenge

to samajh Gaye Honge kahan Gadbadd ho rahi hai

right guidance chahiye ?

abhi bhi aapka yah sab theek ho sakta hai just message me help

Reel- 43

Der Raat net mein movie dekhne ka maja hi Kuchh aur hai aur haan Abhi Abhi kam se free hue hain to thodi der to movie dekhna banta hai vaise Iske fayde bhi bahut hai

no.1 agle Din bus thakan Hi To Hogi aur kya

No.2 concentration aur focus Mein Kami hone Lagti Hai but dont worry

No.3 immune system weak hone lagta hai

No.4 weight gain hone ka risk badh jata hai or junk food ko craving to normal hai and

No.5 heart problems ka risk badh jata hai due to lack of sleep

To Mujhe bhi bataiye aap raat ko der se sote hain aur in mein se kaun sa fayda le rahe hain?

Reel-44

Yaar mera weight loss Kyon Nahin ho raha hai ?

kya aapke sath bhi Yahi problem ho rahi hai To Apne Aap Se Poochho yah 5 Sawal

Agar in Sawalo ka jawab yes Hua To Meri guarantee Hai 500% aapka weight loss Hoga hi hoga

Kya aapke pass Ek coach Hai Jiska support aapko 24/7 rahata hai

Kya aapke pass Ek community Hai Jahan daily healthy competition Hota Hai

Kya aap apne coach Ki Har Baat easily follow karte hain

Kahi cheat meal- cheat day mai to nhi badal jata

Kya aap weight loss karne ke liye Jo kar rahe hain usse Khushi mil rahi hai ?

agar inn sab ka answer yes hai to 500% Aapka weight loss hone se koi nahin rok Sakta

Reel -45

Daily 2 peg to chahiye chahie

Uske Bina Nind nahin aati na... .. Aani bhi nahi chahiye

Kyoki drink karne ke 5 fayde hai ... bilkul batati hu

Aur haan yeh video aapke drink partner ke liye bhi hai to share karna na Bhulna

1- Liver damage Ho Gaya to liver transplant karaenge sirf 11-15 lakh lagenge is mein

2- drink karne se high BP cholesterol Heart Attack yah sab to normal hai aur Heart Attack hota hai to Ek stunt dalne Mein 4-5 lakh hi to lag jata hai

3- Memory weak hone lagti hai jisse ki koi bhi kabhi bhi aapka fayda Utha sakta hai

4- Ghar mein daily Kalesh rahega

5- Jab wife respect nahi karti to bacche kahan se Kareenge

Dekha kitne Sare benefits hain

ab choice aapki hai

Reel -46

Ghar wale, husband bol bol ke thak Gaye Kuchh kar liya karo Itni Moti Ho Gai Ho Sara Din Baithe rahti Ho

Per unko kya pata aap andar hi andar kitne dukhi ho

kitna Kuchh karte ho

Kitni duaen mangte Ho ki aapka fat loss ho jaaye

main samajhti hun per woh kya hai na aapko Koi Sahi Rasta Dikhane wala Nahin mil raha bolane wale to bahut hai

to Dekho Mere Pass aao Mere page ko follow karo Sahi Rasta Mil jaega

Jab mere page ko Dekhte Dekhte yakin a Jaaye to Usi Din bus ek message kar dena main

Yahi hun Kahin Nahin ja rahi

aur aapka Jo Sapna Hai Na Apne Ghar Walon Ko Patla hokar dikhana

usi Sapne Mein main aapke sath Rahungi jab tak ki aapka sapna poora na ho jaye

Reel -47

Har Waqt bimar hi rahti Ho

Kya aapko Aksar ye sunane Ko milta gharwalon se, bacchon se, Pati se

Lekin Kabhi Koi yeh janne ki koshish nahin karta ki aap bimar बार-बार Kyon padh rahe ho
bs dawai dila dere

Kabhi Koi yeh Nahin samajhta ki बार-बार bimar padana aapko bhi achcha Nahin Lagta
bus Suna Kar Chale Jaate Hain

To dear aap bilkul sahi video per hai Kyunki sabse pahle aapko jarurat hai apne aap ko
Khush rakhne ki

mentally fit hone ki

Jab aap mentally fit rahenge

physically to apne aap hi fit Ho Jaenge

to aise hi mere page ko Dekhte Rahe, follow Karte Rahe

sirf aap hi Ke Liye Hai yah page

yahan se Aap mentally emotionally physically fit ho jayenge aur haan Mujhe thank u karna
Mat Bhulna

Jab aap fit Ho Jaaye Jab aap Khush Rahane Lage bimar kam Hone Lage.

Reel- 48

Ek lady Agar ghar ka kaam karen to Kahate Hain Sara Din ghar ka kam karti ho Itni Fursat
Nahin Hai Ki taiyar ho jao Tumhare Bina to Jaise Kuchh kam hi Na Ho

aur 2 minute free hokar mobile Chala Le To Kehte Hain bus mobile chalati rahti Ho

kamane Lag Jaaye to isko paision ka ghamand hai

na kamae to kare hi kya hai life mein

Yahi aurat ki kahani hai na

to Kyon Na apni Ek Aisi community ho, friend circle Ho

Jahan Ham inn Sab Baaton ko khulkar discuss Kar Paye

Apne Man Ki Baat Jo Shayad Hamare ghar wale Nahin samajhte ya Ham Nahin kah paate

Ek dusre se kaho Kitna Achcha ho na aur FIR Sab Kuchh Bhul Bhal ke Lag Jaaye apni

duniya mein अपने-अपने kamon mein ...

Reel -49

Tum itne Din Se Lage ho diet follow kar rahe ho itna Sab Kuchh kar rahe ho lekin dikh To
Nahin Raha

Kahin Se Tumhara vajan gaya ho Kahin Se Kuchh Fark Pada Ho

Yahi bolate Hain Na Ghar vale

Gharwalon Ne To bol diya lekin Uske bad aapne apne aap se क्या-क्या bola Jara Mujhe
comment Mein To Batao

aur Rahi Baat result dikhne ki to mujhe ek baat batao Jab baccha नया-नया likhna sikhata
Hai To Kya 10 Din Mein vo A B C likhna Shuru kar deta hai ?

bacche ko A likhne mein bhi kam se kam 1 Mahina 2 mahine Lagte Hain To Kya aap apne
bacche ki A likhane ko enjoy karte hain ya bus issi Mein Rahte Hain Ki jaldi se vo A B C D
likh kar dikha de

to samjhe Kuchh?

I am sure samajh Gaye Honge

to Intezar Kijiye ye Bhi journey hai time lagega Main To Yahi kahungi aapse per aap apne
aap ko kya bolate ho mujhe message Jarur karna

Reel- 50

fir se Kuchh naya Shuru Kiya
dekhte hain yah kab tak chalta hai
Same to same Aisa Hi bolate Hain aapke ghar per aapko?
You know aap Me Ek bahut acchi baat hai UN Logon se ki aap Haar Nahin mante
kya aapane Kabhi Aisa Socha Hai apne baare mai?
aur is baar Jo Shuru kiya na usko end result Tak Lekar hi Aana Hai
Bus uske liye aapko ye check karna ki aap Jo follow kr rahe hain kya voh Sahi Hai
Sahi guideline hai aapke pass ?
jisse advice le rahe hain kya vo professional hai?
kya aapko unse vesi energy mil pati hai jisse aap apna Goal achieve kar pao?
check karo aur Mujhe comment Mein Jarur batao

Reel-51

Sirf Apne bare mein sochati ho
Kisi Aur ki Kuchh Nahin Padi ya sirf apne liye Jina Aata Hai
Aapko bhi Aisa sunne Ko Milta Hai ladies
to kya karte ho aap Udaas Ho Jaate Ho ?
dukhi ho Jaate Ho Ya FIR sochne Lagte Ho Ki aapne Aisa Kya kar liya jo aapko ye sab
sunne ke liye mil raha hai
Aise environment Mein Rahte Rahte Hamen pata hi nahin chalta kab Hamara mind toxic ho
gaya hai
aur FIR iska Sidha Asar padta hai Hamari health per, bacho pr ghar par
to chalo aapko Ek jarurat hai aisi community ki Jahan per aap ko koi poke, judge na Karen
to welcome hai aapka Meri (....wellness coach name) community mein Jahan aapko sirf
appreciation encouragement happiness hi milega I guarantee you

Reel-52

Personality achi karne ke liye
Sundar dikhne ke liye aap mehange se mehanga Kapda bhi lete ho
lekin body mein Kabhi fat yahan se nikal raha hai kabhi vahan Se
Kabhi kahi se Nikal Raha tond
kabhi Baju wala fat latak raha hai
to ye branded Kapda pahna Hua abhi Sharir par suit Nahin karta vo bhi Sale wala hi lagta
hai
Paison se branded Kapda to khareed Lenge lekin body Nahin banaa Payenge
uske liye efforts Karne padte hain agar aap Chaho to aap apne efforts ko easy banaa sakte
ho mere sath
Sirf aur sirf 90 days mein aap apni personality change kar denge
I guarantee you Jab man Kare tab Aa Jana
tab tak mere page ko follow karte raho aur han aapke family friends Mein Bhi Agar Kisi Ko
personality acchi karni hai Sundar dikhne Hai To yah reel follow karna na Bhule.

Reel -53

Hamesha hi galat karte ho
tumse Na Ho payega

Dhyan kahan rehta hai tumhara?

Aksar ye Sab Kuchh sunane Ko Milta Hai Jab Bhi Kuchh naya TRY Karte Ho ?

To inn Sab Baton ki wajah se aap batate Nahin Ho aur Chupke se start kar lete ho lekin FIR bich Mein Hi Kyon Chhod dete Ho?

usko end result Tak to Lana hi hoga

result to dikhana hi hoga in Sab Baaton ko galat to prove karna hi hoga

lekin agar aap khud se kar rahe hain Akele kar rahe hain to aap apne end result Tak Nahin pahunch Payenge

aapko Ek Aise person ki ,coach ki jarurat hai jo iss journey me aapka Sath De

Agar Sahi Kaha to video ko like share aur mere page ko follow bhi kar lena aur jab Lage tab Aa Jana

Reel - 54 (Work from home)

Kaamchor ho

aalsi Ho

dimag Nahi Hai

सुनते-सुनते थक Nahin Jaate?

aur Kitna sunoge

Kabhi ye Realise kiya hai aapne ki agar Aap Kamchor, aalsi, ya dimag Nahin rehta toh aap kaise ghar ko manage kar lete ?

bachon ko manage kar lete ?

Ladies aapne apni value Khud Hi Kam ki hai

Mai Bhi Ek lady hun/meri mummy ya wife bhi lady hai

aur main ghar, bacho ke sath sath earning krke apni value ko badha rahi hu

kisi ki bhi respect tab hi hoti jab aap apne aap ko prove karte ho...

aur aaj ke time mein toh opportunities ki koi bhi Kami Nahi Hai

Bus aapko jarurat hai ek Sahi Sath ki

agar aap ghar per rahakar दो-तीन ghante nikal kar Kuchh karna chahte ho to decision aapka

Reel -55

Bahut Ziddi ho tum!

kya aapko bhi Aisa bola jata hai

Lekin aap apni zid ka Sahi istemal kar rahe ho?

apni zid ko apni pahchan banane ke liye istemal kar rahe ho?

Apni zid se apni value banane ki koshish kar rahe ho?

Apni zid se vo achieve kar pa rahe ho jo karna chahte ho?

Agar aap inn sab Ki Talash Mein Hai Aur Ek Sahi platform dhundh rahe hain to voh platform

aapko mere pass mil sakta hai Jahan per aap yah sab Kuchh Hasil kar sakte hain Agar aap sach mein Ziddi hai

Vese comment mai batao apne goals

Chahe fir vo health Ka Ho ya Kisi bhi Aur chij Ka kitne ziddi hai use Pane ke liye

Reel- 56

Pata nahi kaun si chakki ka Aata Khati Ho?

Moti hi hoti ja rahi ho

Yah sunte hi aapka mood kharab ho jata hai aur sach mein aap to Itna khate bhi nahin Ho
per yah Kisko pata hai aapka weight Kyon Badh Raha Hai
Ek to aap khud Apne is badhate weight se pareshan ho aur dusra yah sab sun sun ke yakin
maniye Itna weight To aapke khane se nahin badhta Hoga Jitna ki yeh sab sunkar Jaisa feel
karte hain usse badh jata hai
Kyunki aapki body stress hormone release karti hai jo weight badhane ka reason hai
To Aise mein aapko jarurat Hoti Hai Jyada Samay vahan bitane ki Jahan se aapko
happiness positivity and encouragement mil Paye
aur vo aapko Milega Ek healthy community Mein
Ek health coach Ke Sath
Jo regular touch mein rahakar aapko kabhi bhi demotivate Nahin hone denge aur mere page
ko to aap dekh hi rahe hain jaise ki Main Ek wellness coach hu to agar aap bhi Aisa
environment dhundh rahe hain To Mere page ko follow karte rahiye

Reel-57- Ad

Khana kam kha rahi hu Fir Bhi weight loss Nahin ho raha!
Kya aapke mann mein bhi Aksar Aisa Sawal aata hai to jarurat hai aapko Sahi knowledge ki
ho sakta hai aapne इधर-उधर se Kuchh Bhi Dekh kar Apne khane ko kam kar diya
lekin Har body ki requirement alag Hoti Hai
Uske body age aur height ke according
to aapko khana kam karne ki nahin, Sahi khana khane ki jarurat hai..
Jab aap apne khane ko apni jarurat ke khane se bhi kam kar dete ho to body aapka
metabolism slow kar deti hai
aur calories ko burn nahin karti aur kam khana milne ki wajah se body ko lagta hai aur khana
Nahin Milega
aur stress Mein aa Jaati Hai body
isiliye To Kam khane per bhi aapka weight loss Nahin Hota
Hamesha Yaad rakhiye - kam khana aapka kabhi bhi weight loss Nahin Karega balki aapko
unhealthy Kar Dega
healthy way se weight loss karne ke liye mere page ko follow Karte rahiye aur jab Lage tab
message bhi kar dena

Reel-58

Fruits Nahin khane chahiye Kyunki usmein bhi to sugar Hota Hai!

Agar aapne sugar bilkul band kar di hai aur aap is confusion Mein Rehte Hain to ye video hai
aapke liye isse end Tak Jarur dekhna
Aapne Jo sugar band ki hai vo extra added sugar hai
lekin fruit se milne wali sugar Hoti Hai vo natural hai jo ki ek human body ke liye Kafi hai
aur fruit se Hame sirf sugar Nahin fibre, vitamins, minerals, antioxidant Milte Hain Jo hamari
body ki immunity ko bhi strong Karte Hain
yah sab body ko healthy banata hai
lekin kaun sa fruit kab khana chahie
Kitni quantity Mein khana chahie
ye bahut matter Karta Hai
vaise Mujhe comment Mein bataye aapko kaun sa fruit pasand hai

Reel- 59- Ad

Kya surety Hai weight loss Hoga ya result Milega?

agar surety chahiye to iss video ko end Tak Jarur dekhna lekin usse pehle Kuchh results dekh Lijiye... (Add some videos or written testimonies)

Mujhe ek baat bataiye ki yeh results dekhne se aapka weight loss ho jayega?

ya main aapke Samne Ek Aise person ko bhi Bitha Dun Jisne Apna weight loss kiya ho usko Dekhkar aapka weight loss ho jayega?

nahin na

uske liye aapko step Lena Hoga, decision Lena Hoga aur apne Lifestyle ko change karna hoga under guidance

efforts karne Honge tabhi aapko yakin Hoga Surety Hoga Ki weight loss hota hai results Aate Hain Lekin rukiye rukiye Jin logon ka result Dekha unhone bhi Akele nahi kiya Kyunki Akele possible nahi hai

aap apne Desire Goal ko achieve Kar Paye To Jaise vo log Akele Nahin the aap bhi Akele nahin hain aap mere page per Hain follow Karte rahiye Jab aapko weight loss karna ho to message kar dena

Reel-60

Ghar mein shaadi Aane wali hai aur fast weight loss karna hai iska stress Lekar Baithe Hain ?

Iske Upar Ek amazing fact ke bare mein Janna Hai To yeh video end Tak zarur dekhna Sabse pehle toh fast weight loss ke stress se aapki body Mein Ek cortisol naam ka hormone produce hota hai jo ki aapke weight loss ko effect Karta Hai

Jisse Body me fat Jyada store hone ke chances badh Jaate Hain

Aur usse insulin badega Or glucose ko promote krega

Aapka metabolism slow ho jata hai

Aapko Bhokh Jyada Lagegi aur craving badh Jayegi

And most important motivation ki Kami ho jayegi jisse ki aapka Kuchh Bhi karne ka man Nahin Karega

I hope aapko yeh fact Samajh Mein Aaya Hoga

haan lekin Lage rahiye aapka weight loss Ek Din Mein Nahin Hoga

lekin ek din Jarur Hoga aur Sahi guidance ke liye mere page ko follow karte rahiye.

Reel -61

10-15 kg weight loss karne ke baad bhi

aapka energy Low hai

skin latak gayi hai

immunity Low ho chuki hai

Eye sight weak ho gayi hai

toh dear aapne Apne weight Ko kam kiya hai - fat Ko Nahin

agar aap weight loss Ke Piche bhaagenge to woh temporary Goal hai

Jiske badhane ya ghatne se aap ya to motivate demotivate Honge aur fir 1 Din Chhor Denge

lekin agar aap fat loss Karenge to vo Aap Ka permanent Goal Hoga- permanent fat loss

Hoga jisse aap Pehle Se Jyada Sundar dikhenge

aapki body shape Mein aa Jayegi aur jo Upar problems bataiye hai vesi koi bhi problem.

Nahi hogi

to ab aap Choose kar lo aapko weight loss karna hai ya fat loss karna hai aur haan Samajh Mein Na Aaye To Mere page ko follow Karte Rehana

Reel -62

Exercise toh sirf patle hone ke liye Karte Hain

Uske baad kya jarurat hai exercise karne ki

agar apko ye 5 benefits Nahin chahie to bilkul bhi jarurat Nahin Hai workout yaa exercise karne ki

Agar aap chahte ho aapka mood Achcha Na Rahe to workout exercise bilkul mat karna

Agar a ap Samay se pahle Budha Hona chahte ho ya dikhna chahte ho to workout bilkul mat karna

Agar aapko apne Heart ko healthy Nahin Rakhna to ye workout aapke liye Nahin Hai

Agar aap digestion ko Sahi Nahin Rakhna Chahte jo ki badhati Umra ke sath Aksar slow Hota jata hai to workout bilkul mat karna

But I am sure Itna Kuchh sunane ke baad ab workout karna Chahenge hai na to main online workout karvati hun

Jab Bhi aap ready ho mujhe message kar dena tab tak mere page ko follow karte rahiye

Reel- 63

Tumhara Dhyam kaam Mein Nahin rehata

kam khaya karo

apne aap ko Dekha Hai?

Sara din mobile me lagi rehti ho

Kya aapko bhi Aksar Aisa Hi sunane Ko Milta Hai?

Lekin Koi yeh janne ki koshish nahin karta Aisa Kyon Hota Hai

being a lady main samajh sakti hun ghar mein itne sare log Hote Hue bhi Ham Apne Mann Ki Baat share nahin kar paate

Jiska Asar Humare Sab kaamon per Dikhta Hai aur FIR yeh routine aise hi chalta rehta hai aur Na Jaane Kitni Ankahi batein Hamare Mann Mein Dabi Reh Jaati Hai

Lekin ab online ke time per Jab aapko sunna Hi Hai Sara Din phone mein Lagi rahti ho to

Kyon Na Ek Aisi community ko Join karo Jahan per aapka yah stress release Ho

Jo aapka Me time ho aur jab aap Khush rahenge to Sabhi kaam bhi happy Honge

to kya kehte ho- hai na badiya idea mujhe comment me batao

Reel- 64

Tumhari to Aadat Hai Har waqt Rone ki

Kabhi has bhi diya karo

Kyon ladies Kitni bar sunane ko Milta Hai Din Mein...

Agar aapko छोटे-छोटे Baaton per Rona aa jata hai

jaldi Rona aa Jata Hai

To iska matlab hai aap bahut Akele Hain

aapko jarurat hai ek Sath ki jo aapko emotionally support kar sake

Yaad Kijiye aap shadi se pehle To Kabhi Rote Nahin the

Hamesha khush Rahte the

Kyon?

Kyunki aap vahan par apne friends apni saheliyon Se baatein Karte The
Apne Man ki sari Baat

lekin ab Sabhi apni apni life mein busy hai

Lekin abhi to aapke pass mobile hai aur aap apne liye ek Aisi community ko dhundh sakte
hain Jahan aap khul kr hase ek esa environment jo apko positivity encouragement se bhar
de

Or aap pahle ke jaise Hass sake

Taki aapko Ghar per yah sunna na Pade ki aap Har Waqt Rote Rahte Ho
toh aa Jao Meri community Mein fir se Milkar Haste Hain

Reel- 65

Bacche ho gaye hain na ab weight Kam Nahin hoga

time aur Paisa dono waste Karogi isse Achcha bacchon par Dhyaan do

Yeh to bol diya aapke husband Ne aapko

lekin kya aapane poochha ya apne aap se Sawal Kiya agar aap is badhate vajan, extra fat
Ke Kaaran bimaar hokar Bistar per Pad Gaye tab Paisa Nahin lagega?

aur jo bacche Safar Kareng Fir unko Kaun dekhega?

kya husband Apna Kaam chhodkar bacche Aur ghar donon dekh Lenge, Sambhal Lenge?

toh bilkul bhi aapko apni health per Dhyan dene ki jarurat Nahin Hai Apna vajan extra fat
kam karne ki jarurat Nahin Hai

aap khud samajhdar Ho bacche wale ho Kab Tak decision lene ke liye depend Rahoge
Baat kadvi hai lekin sach hai Socho Or Samjho... aur जाते-जाते yeh video ko share Karte
Jana

Reel- 66- Ad

3 Jhoot Jisko weight loss Mein Sach Maana jata hai aur FIR result hai negativity Aur fir quit
Kar Jaate Hain

1- weight loss Mein breakfast important nahi hai

Yeh sabse bada Myth Hai

jabki Sabse Jyada jarurat aapki body ko breakfast ki hi hoti hai aur aapka breakfast Ek
healthy breakfast Hona chahiye Kyunki aapne suna hi hai breakfast to Rajaaon maharajon ki
tarah Hona chahiye

2- number 2 is weight loss karna hai to workout ko Badha Dete Hain

aapko yeh samajhna Hoga workout se sirf calorie burn hoti hain

weight loss aapko calorie deficit Se Hi result milega so make sure calorie burn ke साथ-साथ
calorie deficit bhi important hai

3 -number 3 is khaana kam Karunga to Mera weight loss ho jaega

Aapko kabhi bhi khaana kam karne ki jarurat Nahin Hai balki Sahi amount mein sahi Matra
Mein khana khane ki jarurat hai

vo bhi 5 se 7 bar agar aap healthy weight loss karna chaahte hain

I hope aapke ye myth clear Hue Honge

aise hi Myth ko clear karne ke liye mere page ko follow Karte Rahe

Reel-67

Ham Aisi society mein rahte hain Jahan per Dekha jata hai ki Logon ke pass bimari hone ke liye paisa Or time dono hai

Aur Vahi Agar health Ki Baat aa Jaaye to aapke pass dono Nahin Hai

Lekin Bazaar Mein milne wala fast food aap easily enjoy Karte Hain.

Daru Pina, cigarette pina sehat Ke Liye hanikarak Hai

packet ke upar likha bhi hota hai but Fir Bhi aaram se Peete Hain

doctor ke pass jaana लंबी-लंबी line Mein Lagna bahut time Dena

yah sab kuchh manjur hai lekin Vahi Agar protein rich diet Ki Baat Aaye, workout Ki Baat

Aaye To aapke paas time nahi hai ya family Walon se puchenge ki yah wala protein Lena

chahie ya nahin Lena chahie

Kahin ye Mere liver kidney ko to kharab nahin kar dega?

Sach batana bazaar mai vo maida khate hue ye khayal aata hai?

Actual mein aapke pass bahane ki list hai - mere husband Nahin manta, meri wife Nahin

Manati, Main Kya Karun?

but apne aap se puchiye manta Kaun Nahin Hai ya aap Har kaam apni family Se Pooch ke hi karte ho?

Ab inn Sab Baaton se aapko Samajh Mein Aana chahiye ki maximum time aap apne Sharir se nahin Apne dimag se bimari hai

aur hum unhealthy action Lenge to result bhi wese hi aayenge- unhealthy

Aur aap agree karte ho to isse like and share Jarur karna

Reel-68

Cold drink Peene ke bahut Sare benefits Hai Kyunki aapko cold drink bahut pasand hai sirf aapko Nahin bacchon ko, Badon ko, Sabko Pasand hoti hai to Chaliye Jante Hain Iske benefits

Number one- teeth mai cavity Lagti Hai Kyunki cold drink mein sugar bahut jyada hoti hai

Agar aap apna vajan Badhana Chahte Hain to cold drink ko bilkul Bhi Mat chhodana lekin yah vajan healthy wala Nahin unhealthy hoga

Number 2- isse aapki bones ki strength kam hoti hai Kyunki is mein phosphoric acid hota hai Jo calcium absorption ko kam karta hai

Blood sugar ko badhata hai na benefit

Number 3 toh amazing Hai isse cholesterol level badhta hai jo heart disease Ko badhata Hai

Agar aap cold drinks ke liye Sare benefit Lena Chahte Hain to ise aaram se piijiye aur apne Sare cold drink Peene Wale friends ko bhi share kar dijiye

Reel- 69

Thyroid hai aur aapko lagta hai thyroid Ke Kaaran aapka vajan Badh Raha hai

aur yah Kam Nahin ho sakta To Kabhi aapne yah samajhne ki koshish ki- ki thyroid hai kya ?

Mai batati hu apko kyunki ye bhaut basic knowledge hai

Hamare Gale Mein titli shape ki ek gland hoti hai Jisko thyroid gland bola jata hai jo metabolism ko control karti hai
Gale Mein T3 and T4 Naam Ka hormone produce hota hai
Aur Agar yah imbalance Ho Jaaye To metabolism ko effect karta hai
aur Hamen thyroid ki problem Aati Hai
2 Tarah ka thyroid hota hai Hypothyroid and hyperthyroid
Hypothyroid Mein aapka metabolism slow ho jata hai jisse aap mote hote hain aur
hyperthyroid mein aapka metabolism high ho jata hai jisse ki aap patale hote hain sukhte
Jaate Hain
to Abhi Samajh Mein Aaya aapko thyroid aapke metabolism ko kaise effect karta hai
aur Agar aapko Hypothyroid hai aur aap mote hain aur बार-बार Vahi galtiyen repeat kar rahe
hain jisse aapka metabolism slow ho to isse aapki doses badhati Jayegi aur Bimari bhi theek
Nahin Hogi
Lekin ek good news hai aap apne metabolism ko active Karke Apne thyroid ko theek kar
sakte hain aur patle bhi ho sakte hain
yah kaise hoga?
Main aapko next video mein bataungi agar mujhe Abhi 30 logo ne comments mai
metabolism type kiya to..

Reel- 70

Junk food fast food khaane ke fayde
Aaj Hum is mein se positivity nikalenge
to ready hain aap Kyunki aap to already bahut sara junk food khate hi Honge
Number one is taste- iska taste bahut amazing hota hai aur iski Khushbu Se Hi Bhokh lag
Jaati Hai
isse khaa kar bahut maja Aata Hai
voh baat alag Hai Isko khane se fat badta hai calorie badhti Hai
sodium to bharpur hota hai jisse ki BP, sugar, cholesterol yeh sab hota hai but koi baat nahin
abhi to maja a raha hai
Number 2 easily available hota hai -kam paisa Mein Mil Jata Hai- Thode Se paise do aur
hajir Hai
Jyada mehnat bhi nahin Karni padati
lekin baad Mein doctors Ke Paas Jo Paisa lagta hai time lagta hai uski koi baat nahin
-chalta hai itna to
Number 3- aapka mood happy karne mein bahut help karta hai Kyunki isko khane se
satisfaction hota hai, maja Aata Hai
vo alag baat hai baad Mein guilty feel Karte Hain, stress hota hai but koi baat nahin Abhi To
acha lag raha hai na
Aur inn sab se motapa to gift Mein Milta hai, personality kharab hoti h, embarrassment hota
Hai aur constipation, pet kharab, acidity ye sab hoga
par koi baat nahi- aap enjoy Kijiye fast food aur haan Agar sach bola ho to share kar dena
Apne friends ko bhi... jo fast food lovers hai

Reel -71

You are selfish
You always think about yourself

kya aapko bhi aapke ghar wale Aisa bolte hain ya aapke husband bolate Hain
Toh Sach batana kya aap sach mein selfish ho

Means

kya aap healthy diet follow karte ho ?

kya aap workout karte ho?

kya aap daily walk karte ho ?

kya aap always happy Rehte Ho?

kya aap apni Pasand ki chizen karte ho ?

kya aap specially apne liye Jo man Karta Hai vah Banakar khatate Hain?

Kabhi Aaram Bhi Karte Hain?

Aur Bhi bahut Kuchh

agar aap yeh sab kar rahe hain to Soch Lijiye aap kya hai

aur jo aapko bolte Hain unko ye video Jarur dikhana aur puchna Unse ki aap Ko yah sab karte hue kabhi Dekha

Reel-72

Jab Dekho bimar rahti Ho

Bistar per hi Padi rahti Ho

Aapko ye bolne Walon se poochha Jaaye- kya aapko shauk hai aise bimar Rehne ka

Hai na, Sahi kaha na maine to Aaj puchna Jarur

Per aapko Bata Dun ladies aapke Hamesha bimar Rehne ka Karan aapki body Nahin aapka mind ho sakta hai

Kyunki aap ki to Aadat Hoti Hai छोटी-छोटी Baaton Ko Dil per Laga Lene Ki overthink kar Lene Ki

Bina Baat ke stress Lene Ki

jabki Jo Ho Raha Hai vo best ho raha hai Fir Bhi Bina baat ki tension

to Abhi Samajh Mein Aaya aapko Hamesha bimar Rehne kaa Karan aapki mental health hai aur aapko jarurat hai support ki

Ek Aisi community ki Jahan Jahan aap ki mentally aur physically emotionally help per kam kiya jaaye toh mere pass Ek Aisi community hai

Aage aap samajh Gaye Honge

Reel -73

Agar aapka Sawal hai

Sabhi khane ki calories same hi hoti hai

Nahin khane chahie

fats khane se motapa badhta hai bilkul bhi fat Nahin khana chahiye

Ham breakfast ya dinner skip kar dete weight loss karne ke liye 8:00 Baje ke baad khane se vate badhta hai

To in sawalon ke jawab aapko Yahan per Nahin milane Wale Hain Kyunki itne sawalon ke

jawab aap ko mujhe lagta hai ki deep level per chahiye Jo Ek reel Mein Nahin De paungi

iske liye aap mujhe join kar sakte hain main ek wellness coach hu aur bahut Sare Logon Ko result de chuki hun aap mere free challenge Mein aa sakte hain

lekin aapko Pata Kaise chalega yah bilkul Bhi Mat Socho sirf Mujhe comment karo “free challenge”

Reel-74

Agar aapko lagta hai Jyada exercise Karne Se Jyada weight loss hota hai

sirf cardio Hi Ek Raasta Hai jisse Hum weight loss kar sakte hain
specific area ka fat kam karne ke liye sirf vahan ki exercise Karke vahan ka fat kam kar sakte hain
ghanto work out karne ki jarurat hai Roj vajan kam karne ke liye Jyada sweating hoga to matlab Jyada calories burn hoga
Yah sab Kuchh Karke aap weight loss nahin kar Payenge
yah aapke matra इधर-उधर se Sune Hui baten hai
But main aapko inn sawalon ke jawab Yahan Nahin De paungi Kyunki inke jawab aapko thode aur deep level per chahie jo ki ek reel Mein possible Nahin Hai
iske liye aap mere sath 1:1 call book kar sakte hain aur aapko isse related jo bhi doubt hai voh clear kar sakte hain
Call book karne ke liye aapko comment karna hoga "doubt"

Reel- 75

Mere husband Sara Din ek hi Jagah Baithe rahte hain
yah Sawal Hai Meri Ek Friend ka
kya aapka bhi Kuchh Aisa Hi haal hai
kya ghar per jyadatar kaam to karte hain vah baithkar hi karte hain ya office mein ek hi Jagah Baithe rahte hain
To ho jaaiye Savdhan Kyunki yah aapko jaldi Budha Kar Dega aur Iske साथ-साथ jo aap problem face Karengae Jaise aapke muscles weak ho sakte hain aapka digestion Achcha Nahin rahega
body mein blood circulation slow ho jaega jisse ki aapko Vericose ki problem Pairon Mein Sujan aa sakti hai
And iske sath sath anxiety depression yeh Sare symptoms bhi aap face kar sakte ho
Yah problem aap face Na Karo aur aapka kaam bhi affect Na Ho iske liye ek formula hai uss per work kar sakte hain
yah janne ke liye Mujhe Agar 30 Logon ke comment Aaye "sitting" To Main next video mein aapse vah formula share karungi

Reel- 76

Ek bahut common word hai stress or Aapne aas paas Aksar Aise log Dekhe Honge jinko stress hota hai ya Kabhi Na Kabhi aap bhi stress se gujre Honge ya ho sakte yah video Dekhte Dekhte bhi aap stress mein ho

Per Kabhi yah Socha Ki stress aapki body ko Kitna effect kar raha hai
yah Main Nahin kah rahi hun doctor ne experiment Kiya Hai
agar aap stress Lete Hain To aapki body Bimari se Ladne wale cells Banani Shuru kar deti hai but body Mein To koi problem Nahin Hai To issse Hoga kya
aapke healthy cells ko ye wale cells damage kar denge, khatm kar denge jisse ki aapko digestion related skin related Kuchh Na Kuchh problem aap ko aane Lagegi
to Is Tarah Se stress aapki body Mein Kitni sari problems create Kar Dega aur aap age se pahle hi Bade dikhne shuru ho Jaenge bimariyon Se Ghir Jaenge
Vaise Ab Mujhe comment Mein bataiye ki aap कितन-कितन Baaton ka stress Lete Hain
kya Chhoti Se Chhoti Baat ka bhi stress Le Lete Hain?

Reel- 77

Aise 2 vitamin hai jo aapka weight loss Kabhi Nahin hone denge

Janna chahte ho kya to iss video ko end Tak Jarur dekhna
Sabse pahla vitamin Hai Vitamin D ye vo wala vitamin D nahi jisse haddiyan majbut Hoti Hai
yah vitamin D Hai decision na lena ka
kya Kehte Hain aap kal se shuru Karenge, yeh wali shaadi nikal Jaaye FIR yah birthday
party nikal Jaaye FIR kal se pakka aur kal to Kabhi Aata hi nahin hai
lekin haan aapka body Jo adrak Ki Tarah kahin se bhi Nikal Raha Hai vo Jarur size mein
badhta jata hai
Aur dusra vitamin Hai vitamin S matlab Salah lene ka vitamin kahin se bhi kisi se bhi Salah
Lekar Apna weight loss Shuru kar dete Hain
Kabhi YouTube se dekh kar
Kabhi pados wali aunty se poochh kar
kabhi kisi aur se
lekin Jinse aap Salah lete hain kya vah apne ideal weight per hai
Dekha Hai aapne
Bus Yahi 2 vitamin hai jo aapka weight loss hone Nahin de rahe
aur agar aap chahte ho real mein Apna weight loss karna
to aapko jarurat hai ek professional guidance ki jo ki aapko Ek coach Se Hi mil sakti hai aur
by the way Mere page ko bhi follow kar sakte hain. ..

Reel-78

Main Bachpan se hi moti hun aur mere parents bhi overweight hai isiliye main overweight
hun
agar aap yah wali line ko Sach maante Hain To yah video hai aapke liye ise end Tak Jarur
dekhna fact mai bataugi
Sabse pahle to Bachpan Mein Koi Bhi Insan 3 kilo Se Jyada ka Paida Nahin Hota
ya ek aadh kilo Upar niche ho jata hai
to aap kaise consider kar sakte hain ki aap Bachpan Se Hi mote Hain?
secondly aapke parents mote Hain Kyunki unke situation Kuchh aur Hogi
ho sakta hai unhone workout nahin kiya Kabhi apni life mein
kabhi exercise Nahin Ki
Apne khane Peene per Dhyan nahin diya
Pani regular Nahin Piya
stress bahut jyada liya Ho Jiske Kaaran over weight Hue
ab aap same Lifestyle follow kar rahe hain to aap khud decision Lijiye aapka weight genetic
hai Lifestyle ki vajah se ya habits ki vajah se
Aapka overweight Hona ya body Mein Kai Tarah Ki bimariyon Ka Hona 70% aapke Hath
Mein Hai aur aap Chaho to isse 100% theek bhi kar sakte ho sahi guidance se
Nahin samajh mein aa Raha To Mujhe follow karte rahiye

Reel - 79

Bahut Sare weight loss program join kiye lekin Koi result Nahin Aaya
Chhod Do Aur sirf walk karo kya aapke husband bhi aapko Aisa bolte hain ya aapke bhi
mann mein aisa Aata Hai?
Sabse pehle to yeh samjhe ki agar aapne weight loss ke liye Pahle Se Hi bahut Kuchh Try
kiya hai to Aapka metabolism slow ho jata hai jisse ki agar aap Kuchh aur naya Try Karte
Hain To metabolism ko set hone mein time lagta hai
jisse ki aapko result jaldi Nahin Mil Pata

second reason ho sakta hai may bhi aapka koi medical condition Ho Jiski wajah se aapko result jaldi na mil raha ho

third reason ho sakta hai aapka communication gap aapke coach ke sath

next reason ho sakta hai aapka stress level

ab aap inmein se find Kariye Aapka kya reason Raha jo aapko result nahin mila

ya Iske alava bhi Kuchh Hai To Mujhe comment Karke bata sakte hain

Reel- 80

Mujhe to koi bhi problem Nahin Hai

Koi disease Nahin Hai Bus 10-12-15 kilo vajan hi to Jyada Hai

To Main Apna weight Kyon kam Karun

theek hai chal raha hai

Jab Tak Chal Raha Hai

agar aapka bhi Yahi Sawal Hai To yah video hai aapke liye is end Tak Jarur dekhna

Dekhiye Bhagwan Ji Ne Agar Hamen body Di Hai To uske andar bahut Sare organs hai aur organs Jo Hai Hamari body ki height ke according Hi Kaam Karte h

Jaise Agar apki height 5'2 hai aapka ideal weight 60 kg banta hai for females and for males 62 kg) aur aapka weight 75 hai to Aap Ke heart ko 15 kg ke liye extra kaam karna pad raha hai

extra burden hai uss per

ab aap hi bataiye kitne Dino tak kitne time tak hi extra burden aapke organs carry kar

Payenge

abhi problem nahi hai -very good

lekin Aagey problem Na Ho uske liye abhi se Savdhan Ho jaaiye

Jaise Ham Sadak per nikalte Hain To helmet pahan ke nikalte Hain Taki accident Na Ho

accident ke baad helmet pahne ka koi benefit nahi hai

I hope aapko samajh aa Gaya hoga

to aap mujhe comment Mein bataiye aap apne ideal weight se kitne kgs hai

Reel-81

Yaar mujhe koi shortcut ya easy way Bata Dena weight loss karne ke liye jisse mera paisa na kharch ho

Bilkul bilkul aisa Hai weight loss program

bus aapko apna khana Pina kam karna hoga ya Chhod Do aapka weight Loss hone lagega

lekin Uske bahut Sare benefits bhi Honge Jaise

weakness a Jayegi lekin Vajan kam hoga

Aapki immunity slow ho jayegi lekin weight To Kam Hoga hi

Aapke Baal jhadne shuru ho Jaenge yaa patle Ho jaenge per Koi Fark Nahin Padta

Aapki body Mein nutrition deficiency ho jayegi jisse haemoglobin, aapke muscles aapki

Aankhen yah sab kamzor Ho jaenge lekin weight loss To Hoga hi

Body Mein Saara Din pain rahega energy bilkul bhi nahin Hogi

Vaise ek baat Bataun aaj ke time mein Hame Paani bhi free Nahin Milta Sabke ghar mein

filter lage h, bijali use Hoti Hai tab jakar Hamen pure Pani Peene Ko Milta Hai

Lekin Jab weight loss Ki Baat Aati Hai tab Ham Kyon Kahate Hain Ki free mein mil jaaye

Mujhe comment Mein Jarur bataen

Reel-82

Kya aapko bhi digestion ki problem hai
constipation ki problem hai
roj subah pet saaf Nahin Ho Pata Jiske Kaaran Sara Din disturb jata hai
to check Kariye aap inmein se kya nahin kar rahe

Aapke khane me proper amount mein fibre Hota Hai?
Kya aap apne body weight ke according Pani Peete ?
daily 30 minutes ke liye exercise Karte Hain?
Khane ko acchi Tarah Se Chaba Chaba kar khatate Hain Kyunki Aadha kaam To Hamara
Mundh ke andar hi ho jata hai digestion ka
Kya aap proper Nind Lete Hain?
aap Din Mein Apna khana time per khatate Hain?
Apne digestion ko theek karne ke liye aapko ye sari chize Apne Lifestyle Mein adopt Karni
Hogi aur isi Tarah Ki Sahi guidance ke liye aap mere page ko follow karte rahiye

Reel - 83

Agar aaj aap mote Hain To Sirf aur sirf apni habits ki wajah se h
aaiye Jante hain aur कौन-कौन Si habit aapko Mota karti hai aur kaun se habit Mota Nahin
karti
Time per khana khana aapko Mota nahin karta lekin time per khana Nahin khana aapko
Jarur Mota karta hai
Nind Puri Lena aapko Mota nahin karta lekin Nind kam Lena aapko Jarur Mota karta hai
Haste khelte Rahna Khush Rahana aapko Kabhi Mota Nahin Karega lekin stress Mein
Rahna,na Dukhi Rahana tension Lena aapko Jarur Mota Karega
cheat meal aapko kabhi bhi Mota nahin karta Lekin cheat Day, cheat month aapko Jarur
Mota Karte Hain
Hume follow karne se aap kabhi mote Nahin Honge aur Hume na follow karne se aap Jarur
mote Ho Jaenge
Kyunki aap tak Aisi fact wali videos Nahin pahunchegi
to Karte rahiye follow aur share bhi agar aap Chahte Hain Aapke family friends mote Na Ho

Reel-84

Subah uthate jab tak chai Na Piye tab tak fresh Nahin Hote
barson ki Aadat ban gayi hai aur Ab chhutate Bhi Nahin to aapko Iske benefit Jarur Janna
chahie video end Tak Jarur dekhna
Number one acidity aur Jalan ki problem- jo aap Kehte Rehte h na aapke Gale Mein Jal
Raha Hai Jalan ho rahi hai yah Karan hai
सुबह-सुबह Khali pet aapke digestion ko bekar kar sakti hai jisse constipation, acidity Jaisi
problem ka Samna karna pad sakta hai
Din bhar Mein Aapki Bhoochh kam ho jayegi aur kam khaenge to metabolism bhi slow ho
jaega jisse aapka weight badhega
Immunity yes Jab kabhi bhi bimari padenge to aapki immunity Itni bhi Kho chuki Hogi ki
aapko recover hone mein Auron Se Jyada time lagega... . Yah janne ke baad bhi agar aap
yah Sare benefits Nahin Lena Chahte
to abhi bhi Badal sakte hain bus Mere page ko follow karte rahiye aur Agar Jyada problem
ho rha h to mujhe message kar dena

Reel- 85

Kitna khaoge din bhar Khati rahogi kya ?

aapke ghar Wale Bhi aapko Aisa bolate Hain To yah video hai aapke liye end to Jarur dekhna

Agar aapko बार-बार Bhookh lag rahi hai aur aap Chalte firte aise hi Kuchh Bhi Jo Bhi dining table per Pada Ho vah Apne Munh Mein Dal lete hain

aajkal to bahut easy options available Hain

online junk food order Karte Hain

To iska matlab yah hai aap apni bhook ko satisfy nahin kar rahe hain

Aisa Kyon Ho Raha Hai?

Kyunki aapki body Mein nutrition ki deficiency already hai aur jo aap kha rahe hain vo bhi nutritious food nahi hai

lekin Jab aap nutrition deficiency Puri karte hain means healthy Meals

to aapko satisfaction Hota Hai aur aapko बार-बार Bhookh bhi nahin lagti

lekin agar aap yah deficiency fulfil Nahin Karte to Iske Karan aapko bahut sari problems face Karni pad sakti hai unwanted weight, bimariyan

Lekin aapko Kaise Pata chalega ki aapki body mein kaun se nutrient ki Kami hai

ye janne ke liye Mujhe follow karte Mere Sath 1on 1 call bhi book kar sakte just message me "satisfaction"

Reel-86

Main to bilkul healthy food Khati hun balki Din Mein 5 SE 7 bar bhi Khati hun lekin Fir Bhi Mera weight Kam Nahin ho raha balki badh Hi Raha Hai

Kys Aisa aapke sath ho raha hai to yah video hai aapke liye ise end Tak Jarur dekhna aur Agar acchi Lage to like aur share bhi kar dena

Yahan per samajhne wali baat yah hai ki agar aap Bina bhuk he khaenge Chahe aap healthy hi kha rahe ho toh aap ki body Mein extra calorie to store ho gai na Jo weight ya fat badhne ka reason ho sakti hai aur baar baar khane se

glucose bhi spike karta hai jo energy Mein convert hota hai or insulin banta hai

insulin usse control karta hai

Jisse weight badhega

Agar aapko Samajh Mein Nahin aa Raha to issi Tarah Ke guidance ke liye mere page ko follow Karte rahiye

Next step jaanne ke liye aap mujhe message bhi kar sakte hain

Reel-87

Yaar weight loss karna to bahut costly hai main aise hi theek hun

toh theek hai aapse Kuchh saste Sawal Puchte Hain aur Iske answer aap mujhe nahi apne aap ko clarity dijiyega

Sasta hai aisi body Mein Rehna Jahan per aap apni favourite dress carry Na Kar Pao Aur dusron Ko Dekhkar complexion feel ho ya 4 Logon ke bich Mein khade ho aur log aapka majak Udaye

apni body ko bahut Sare bimariyon mein dalna aur बार-बार doctor Ke Chakkar lagana- time

Dena, paisa dena vahan Kyon Ki body Mein extra fat Aane Se unwanted bimariyan to

aayenge hi aaenge Aaj Nahin to kal aur piche se ghar Bhi suffer Kare Ghar Walon Ke taane Bhi Sune

din bhar pain Mein Rehna

Apne छोटे-छोटे kaamon ke liye Apne Ghar Walon per depend ho jana
Or hamesha chidchide Rehana
bacchon se baat nahin karna bacchon ke sath khelna Nahin Kyunki body allow nahi karti
But Hamare Yahan per yah tab Samjha Jata Hai Jab bout si bimariya aa chuki hoti hai
Aap khud hi samjho... . Hame apni health ka dhyan kab se rakhna start krna hai
. Body to hume bar bar indication deri hai...

Reel -88

1 kilo vajan kam karne ke liye Kitna workout ya Kitni calories burn Karni Hogi ?
Agar yah Sawal Aapka Hai To yah video hai aapke liye end tak Jarur dekhna aur han acchi
Lage to like aur share karna na Bhulna
Agar aapko real mai weight loss karna hai to 80/ 20 ke rule Ko samajhna Hoga
matlab 20% workout exercise ya walk
80% Aap Jo khana kha rahe hain diet kha rahe ho most important hai
means calories deficit ke sath sath aap kitna protein, fibre, vitamins, minerals le rahe hai
isiliye to Jab aap gym Jaate Hain To aapka weight loss Nahin Hota
Google per jakar search kariye ki 1 kg weight loss karne ke liye Hame Kitni calorie burn
karne ki jarurat hai -7000
Toh Kitna Bhi gym Karte rahiye jab tak aap calorie management Nahin Karengae aapka
weight loss Nahin ho sakta aur agar Sach mai weight loss karna hai to a jao wellness coach(
... name) ke pass

Reel 89

Kya fayda weight loss karne ka jitna kam Karo usse double Aa jata hai ab mujhe nahi karna

Agar aap inmein se Hain To yah video hai aapke liye ise end Tak Jarur dekhna aur han Agar
aapka koi janne wala hai Jiska yah problem hai to usko bhi share kar dena

Mujhe ek baat bataiye
Jab aapne weight loss Kiya tab I am sure aapne apni habits Mein change Laya Hoga tabhi
aapko result Mila
aap time per sote Honge
proper Pani Peete Honge
Kuchh unhealthy Nahi khate Honge
time to time meal lete Honge
aur jab aap apne 10-12-15 kg kam kr liya toh aapne Sab Kuchh धीरे-धीरे धीरे-धीरे Karke band
kar diya to ab samjhe... .
Lekin iska matlab yah nahin hai ki aap kabhi bhi Apne Manpasand food khaa Nahin Sakte
ismein most important hai aapko balance sikhana hoga
agar ye sikha hota 100% apka ye kabhi na bolte...
.

Reel- 90

Agar aap apne metabolism ko fast karna chahte hain to yah 8 Baaton ko follow Karen
Aapko bahut help milega
30 se 40 minute ka daily workout kariye aapki metabolism ko active karne mein help milega
High protein wala nashta Karen jisse metabolism High active ho jaega

Apne weight ke according proper Pani pijiyee
Har 3 ghante Mein healthy snacks Jarur lete Rahe -snacks ko bilkul bhi miss na Karen but
Woh snacks healthy hone chahiye
Antioxidant se bharpur caffeine ka intake kare
Ye aapki metabolism Ko badhata Hai
Proper Nind Lijiye ye aap ko complete karti hai
agar aap proper Nind Nahi lete toh Omega 3 ko apni diet Mein Shamil Karen
Fibre rich food khaye jese fruits vegetables etc
Vaise to Aur Bhi bahut Sare tarike Hain metabolism ko boost karne ke
Mere page ko follow karte rahenge aapko Jarur help milegi

Reel -91 - Ad

Jitna Bada pet utna Bada seth
aapne yah line bahut bar Suni Hogi
mote Logon ki line favourite Hai Kyunki bahut satisfaction Deti Hai

Lekin samajhna yah hai ki Jitna Jyada aapka belly fat hoga utna Jyada problems bhi hongii
Kyunki Jab aap Google Kareinge to aapko Pata chalega Hamari Tummy ke andar Ek visceral
fat hota hai jo danger hota hai or
hamaare organs ko kaam krne mai problem create krta hai
agar yah fat heart ke aas paas jarurat se jyada Jama hai to heart related problems aayegi
Agar ye nerve mai extra jama hota ja raha ha to blockages ka reason hoga
agar liver ke aas paas jama hai to fatty liver ke chances badgege
Or agar pancreas mai exrta hai to insulin banna band hoga... . Or diabetes sugar ka reason
ho skta hai or insulin bahar se lena padta hai
Main Koi doctor Nahin hun na hi Hum bimariyan theek karne ka koi Dava karte hain lekin
haan aap yah sari problem se Bach sakte hain agar aap apna lifestyle Sahi kar le aur apni is
extra fat ko kam kar le
lekin is extra fat ko kam karne mein main expert hun
Ab apko ek baat understand karna hai
apka ye tummy Aise hi nahin badha hai
aapane iske liye time Paisa donon kharch Kiye Hain
Aur ab ise improve karne ke liye aapko effort bhi karna hoga time bhi Dena Hoga Lifestyle
ko bhi Sahi karna hoga
aur apni body Mein invest bhi karna hoga agar aap ready hain to mujhe abhi message Karen
fat loss

Reel-92

Agar aap ek din fresh Nahin Hota To aap ko lagta hai ki constipation hai
problem hai lekin constipation ke real symptoms kya hai aaj aapko is video Mein Milenge
end Tak Jarur dekhna
Agar aapki saans se smell aa rahi hai Kai bar hota hai baat karte hue bhi Muh se bahut
smell Aati Hai
Number 2 aapko Bhookh kam Lagti
Number 3 थोड़ी-थोड़ी der bad aapko sir Dard Hona shuru ho jata hai Kyunki pet acche se saaf
Nahin ho raha aur gas banti hai
Number 4 aapke face per बार-बार pimples nikalte Hain
Number 5 aapka pet heavy heavy feel Hota Hai

Number 6; Agar aapke Muh mein बार-बार chhaale ho rahe hai
Mujhe comment Mein bataiye ki aapko inmein se kaun sa symptom feel Karte Hain

Reel-93

Tummy kam karna hai
time bhi nahin hai
Nhi ho pa raha to bilkul sahi video Mein Aaye Hain is video mein main aapke sath fact share karungi ise end Tak Jarur dekhna
Sabse pehle Motapa / weight Hamari body Mein tummy area me aana Shuru Hota Hai
Agar sabse pahle Hamare Tummy Mein fat Aaya to sabse end Mein Hamare Tummy mein se fat Jaega
Yahi fact hai
to ise jitni jaldi accept kar le maan Le
aapke liye behtar hai Kyunki Jab badhne Mein time Laga Hai To Ek 1.5 mahine Mein kam kaise kar lenge??
Majaak hai??
To apka tummy fat tabhi kam. Hoga jab aap patience ke sath regular healthy lifestyle ko follow krenge... nahi samjh aa rha to mujhe follow krte rahe

Reel- 94

Yaar mujhe body shape Mein Lani hai aur Main 2 ghante gym mein bhi lagati hu lekin Kya Karun Meri body shape Mein Nahin a Rahi
to yah video hai aapke liye
To aaane gym Mein 2 ghante De Diye
lekin agale 22 ghante aap apni body ko kya workout de rahe ho means kya khane Peene aapki habits of lifestyle jo de rahe ho ye uss per depend karega aapki body shape Mein Aaegi ya nahin
Samajh Mein Nahin a Raha yah 22 ghante Kaise gujare kya kya follow Karen kya Nahin Karen to aap mujhe follow Karte rahiye samajh Jayenge\ tab tak mujhe message kariye body shape

Reel- 95

Shaadi se pahle to main bilkul theek Thi ekadam slim Thi lekin shaadi ke baad hi weight badh gaya to tummy Bahar aa gai
Esa kyo hota hai mai is video mai fact batugi

Number one shaadi se pahle Ham isliye fit Hote Kyunki Hamen self awareness Hoti Hai Ham Apna Dhyan rakhte Hain Kyunki abhi shaadi honi hai
shaadi se pahle aap physically active Rahte the Bahar khelte the lekin shaadi ke bad aap Chahe Male Chahe female Hai donon Apne Apne kamon Mein Busy Hai
shaadi se pahle aap time se sote the aur Yahi shaadi ke bad responsibilities badh Jaati Hain
female ko Hota Hai Sabko khana Khila ke sab kaam Karke FIR Sona hai
aur Male ko job se aane ke bad FIR Sone Ko Milta Hai jisse Nind Puri na hone ke Karan motapa badhta hai
shaadi se pehle aapko Koi stress nahi tha lekin shaadi ke baad stress hota hai Kyunki ladies ko husband ke sath Apne SaAS Sasur Ke Sath bacchon ke sath adjust karna hota hai aur Vahi males ko apni wife ke sath bacchon ke sath adjust karna hota hai

adjustment karna galat Nahin Hai Lekin stress Lena galat hai

Apke liye ek good news hai

aap fir se vahi purane vale 100% slim trim ban skte ho Kese ye samjhen ke liye mujhe message kre... i will guide you kесе app apni married life ke sath ye achieve kr sakte ho

Reel- 96

Kabhi bhi fit Nahi ho sakte aap Agar in 5 qualities mein se aapke andar koi bhi quality Hai To Dhyani se suniyega improve karne mein kaam aaega

Number 1 agar aap kisi ke Kehne per weight loss yah aapke Andar Se Nahin aa Raha aapka Apna khud ka koi Goal Nahin Hai

Number 2 aapke pass koi planning Nahin Hai Bus Idhar Udhar Se Jo Bhi Dekha aur karna start kar diya

Number 3 aap Sara Din scroll Karte Rehte Ho YouTube par Google par search karte ho lekin action Nahin lete aur vaise bhi YouTube ya Google per milane wali diet - aapki nahin hai aapki body ke according nahin hai isiliye aap usmein fit Nahin ho sakte

Number 4 is negative self talk matlab Bada result To Har Koi Chahta Hai Lekin Shuru to छोटे-छोटे se Hoga aur in छोटे-छोटे result kabhi aap appreciate nahi karte Hamesha negative bolate Hain

And 5 specially bolu Jo Har Kuchh free mein chahhte Hain

aap khud samjhe aaj ki date mein kya Pani bhi free mein mil raha hai

NAHI To fir health Kahan Se Mil Jayegi

in Sabhi points per sochiye vichariye aur apne aap ko change kariye

nahi kar pa Rahe to meri video ko like share and follow karte rahiye

Reel-97

Kya aap bhi apna favourite food khane Se darte Hain Ki Kahin weight na badh Jaaye to ye video hai aapke liye ise end tak Jarur dekhna aapko khana khane se Darna Nahin Hai iss Dar Ko Sahi karna hai

Khana khane Se Mat dariye Darna Hai To physical activity movement steps na karne se dariye

Kyunki jo bhi Ham khatе Hain usse Hame energy milti hai aur Agar is energy ko use na kiya jaaye to wo fat Mein convert Ho Jaati Hai

jisse Aap धीरे-धीरे overweight Hongе

overweight Hongе to aapko health issues to aayenge hi

Is situation mein aap do kaam kar sakte hain

ya To Apne favourite food ko bilkul mat khaaiye ya Agar kha rahe hai to apni body se kam Lijiye choice aapki hai

Aisa Nahi ho sakta ki aap apna favourite food Hamesha enjoy bhi Karen Aur weight Bhi Na Ho

Agar video acchi lagi ho to usko like aur share Jarur karna

Reel-98

multigrain aata khana chahie ya nahin khana chahie?

Agar aapka bhi Yahi Sawal hai aur aap confusion mein rahte hain ise Lekar

to yah video hai aapke liye ise end Tak Jarur dekhna

sabse pahle yah samjhe multigrain aata hai kya matlab Ek Se Jyada Anaaj Se Mila Hua ata Hamari body ke andar अलग-अलग Anaaj ko digest hone Mein alag timing lagta hai agar

multigrain Aate ko khakar aapko gas, digestion ki problem aa rahi hai

constipation ki problem a rahi hai
dryness ki problem a rahi hai to yah aapke liye Nahin Hai
aapko apni body ko understand karna hai
70% bimariyan Hamen khane se Lagti Hai aur 50% Ham Sahi knowledge Lekar Sahi tarike
se kha kar apni bimariyon ko Dur kar sakte hain
aise hi guided video ko dekhne ke liye Mujhe follow Karen
Or haan Kabhi aapne multigrain Aata use Kiya aur Aapka kya experience Raha Mujhe
comment Mein Jarur bataen

Reel -99

Bahut Sare log Aise Hote Hain Jo vajan kam karne ke liye raat ka dinner band kar dete hain
kya aap unmen se ek Hai To yah video aapke liye hai
Dekhiye Hamare liye teen meal sabse Jyada jaruri hai
breakfast lunch and dinner
agar aap Jab breakfast Karte Hain To Matlab aap apne fast ko break kar rahe hai Kyunki
aap 8 se 10 ghante ke gap Mein kha rahe hain
matlab breakfast kar rahe hain
aap sochiye aapne sirf lunch khaya do Dhai teen baje aur FIR Subah breakfast kiya matlab
kitne ghante ka gap Ho Gaya almost 15 ghante ka gaya ab itne gap Mein aapka weight loss
Hoga ya nahin Hoga yah Nahi Pata lekin aap ka metabolism Jarur slow ho jaega
aap ka energy level bilkul kam ho jaega
body Mein weakness aa Jayegi
aur aap ka motapa Badhana shuru ho Jayega
ab samjhe ki aap dinner skip Karke bhi Kyon patale Nahin ho rahe aur Kyon overweight
Hote ja rahe hain
aap yah video Apne UN friends ko bhi share Kariye jo raat ka dinner Chhod Kar Baithe Hain

Reel-100

Dekhiye festival season a raha hai aur festival season mein bhi aapka 100 gram vajan bhi
nahin badhega
yah Mera promise hai agar aap yah exercise Kareng to karna kya hai
Sabse pahle Agar aapke Samne mithaai hai to pahle 3 second use Dekhen aur FIR ek bar
right Ek Bar left Dekhe FIR right FIR left FIR right FIR left Aise 5 baar Karen aur jab Samne
Wala mithaai uthakar Le Jaaye to samjhe aap ki exercise Puri ho gai
kyoki mujhe pta hai mana to apse hoga nahi... . Or thoda thoda krke kb over kha lenge
apko khud pta nahi chalta
Isse Hoga Kya
Aap Bajar ki milavati mithaiyan khane se Bach Jaenge jisse ki unheally extra fat body bhi
nahin jaega
aur aap bimar Nahin Honge aur vajan to bilkul Bhi Nahin badhega Hai Na badhiya exercise
acchi lagi ho to share bhi kar dena...

BONUS VIDEOS TO BE MADE WITH MUSIC AND TREND

1. <https://www.instagram.com/reel/C7Osf1cNn5l/?igsh=MWpzaTd1ZmJzdTE2cA==>

Recreate yours in Retreat to promote 10k steps

BizCoachNeha