

## Fitness

**31 May 2018**

Despite so much of sunshine, a large percentage of Indian women suffer from vitamin D deficiency.

Girls go out in the sun and chill..!

<https://www.facebook.com/DavidAvocadoWolfe/videos/10153736218276512/>

**29 May 2018**

<https://www.facebook.com/enjoy.science/videos/666569027024311/>

**25 May 2018**

Love the Exercise and the Doer... 🙌🙌...

I believe people with flexible body are flexible by mind.

I learned it in Yog.

<https://www.facebook.com/240580459459583/videos/704772913040333/>

Stay Healthy!

Avoid CRAP!

<https://www.facebook.com/DavidAvocadoWolfe/photos/a.10150364951666512.342374.102515706511/10155517683636512/?type=3>

**29 March 2018**

Health Warning! Food contains too much Oil in the name of rich food.

<https://www.facebook.com/beingindianchannel/videos/1764310746983583/>

**6 March 2018**

Being in Good Health is Good and getting it approved Medically is Better. Got full-body checked. The machine seems doing Well!

Wish my Friends & Foes in the Mid-Life to get themselves checked to regain confidence in healthy living and to ensure timely changes in the lifestyle if needed.

Being Healthy is key to Happiness and together they are the Primary Achievements of Life. Rest All is Secondary...as Mata Mansee sees it...heehee

**19 February 2018**

Nice! ... And we left our Indian way of squat and embraced the unhealthy western way of table dining and wc shitting

<https://www.facebook.com/exploristscience/videos/1468685743229617/>

**3 October 2018**

<https://www.facebook.com/DavidAvocadoWolfe/videos/10154902219951512/>

**19 August 2018**

<https://www.facebook.com/brightside/videos/1567590369929500/>

## Fitness

**3 August 2018**

<https://www.facebook.com/brightside/videos/1614525038569366/>

**30 July 2018**

<https://www.facebook.com/brightside/videos/1108449402617135/>

**4 January 2018**

Western Yoga n Guru Expose' finally!

I was never never convinced of the 'Bikram Type of Yoga.'

Guys, any guru who say YOGA, know that he is not real. It is Yog which means union of Mind, Body n Soul.

The number of schools this guy managed to open show how the west is so damn looking for peace, happiness and fitness outside of themselves and not seeking support from within and from their own traditional wisdom.

He only made millions, he claimed his yoga as one of the Yog forms, which is highly debatable if compared to the traditional Patanjali Yog. When he build hie empire, Patanjali was not patented. He my have learn fast the importance of having his own brand of Yoga

<http://www.thetimes.co.uk/article/yoga-founder-loses-empire-to-woman-who-exposed-abuse-65htns3nh?shareToken=b0ea8cb242bae69d01e301b009d96533>