

1. Fitness Guidance

Weight Loss Guidance

Workout Plan:

Cardio exercises: Walking, jogging, cycling, swimming (30-45 minutes/day, 5 days/week).

Strength training: Bodyweight exercises (push-ups, squats, lunges, planks) 3 times/week.

High-Intensity Interval Training (HIIT): 15-20 minutes, 2-3 times/week.

Tips:

Gradual increase in intensity.

Consistent workout schedule.

Avoid overtraining to prevent injuries.

Weight Gain Guidance

Workout Plan:

Strength training: Focus on compound lifts (bench press, deadlift, squats) 4-5 days/week.

Rest between workouts: 48 hours for muscle recovery.

Tips:

Gradual progression in weights.

Adequate protein intake post-workout (e.g., protein shake or eggs).

2. Dietary Guidance

Non-Veg Diet (General)

Weight Loss Diet:

Breakfast: Boiled eggs and whole-grain toast.

Lunch: Grilled chicken or fish with mixed vegetable salad.

Snacks: Nuts (almonds/walnuts) or fruit.

Dinner: Tandoori chicken with steamed broccoli.

Weight Gain Diet:

Breakfast: Omelette with cheese and a banana smoothie.

Lunch: Chicken curry with white rice and boiled eggs.

Snacks: Peanut butter with whole-grain bread or yogurt.

Dinner: Mutton curry with roti and ghee.

Veg Diet (General)

Weight Loss Diet:

Breakfast: Oats with almonds and fruits.

Lunch: Brown rice with dal and vegetable stir-fry.

Snacks: Cucumber or carrot sticks with hummus.

Dinner: Paneer tikka with a bowl of soup.

Weight Gain Diet:

Breakfast: Whole-grain bread with peanut butter and banana.

Lunch: Vegetable biryani with dal and curd.

Snacks: Roasted chana or dry fruits.

Dinner: Paneer butter masala with naan and a glass of lassi.

3. Mental Health Guidance

General Points:

Meditation:

Practice mindfulness meditation for 10-15 minutes daily.

Focus on breathing techniques for stress relief.

Relaxation Techniques:

Progressive muscle relaxation.

Guided imagery for calming the mind.

Daily Habits:

Journaling: Write down positive affirmations and daily reflections.

Physical activity: Regular walking or yoga for mental clarity.

Sleep Hygiene:

Maintain consistent sleep timing.

Avoid screens 1 hour before bedtime.