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Figure 5.3 Yoga is one type of physical activity for improving flexibility. Avoiding Inactivity . Just below **the Physical Activity Pyramid** (see figure 5.2) youâ€™™II ...

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## The Times of India | **Life & Style**

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Katrina Kaif is nailing this variation of chair pose The first-of-its-kind **fitness** post on her Instagram, Katrina posted how to sit on a chair without a chair.

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