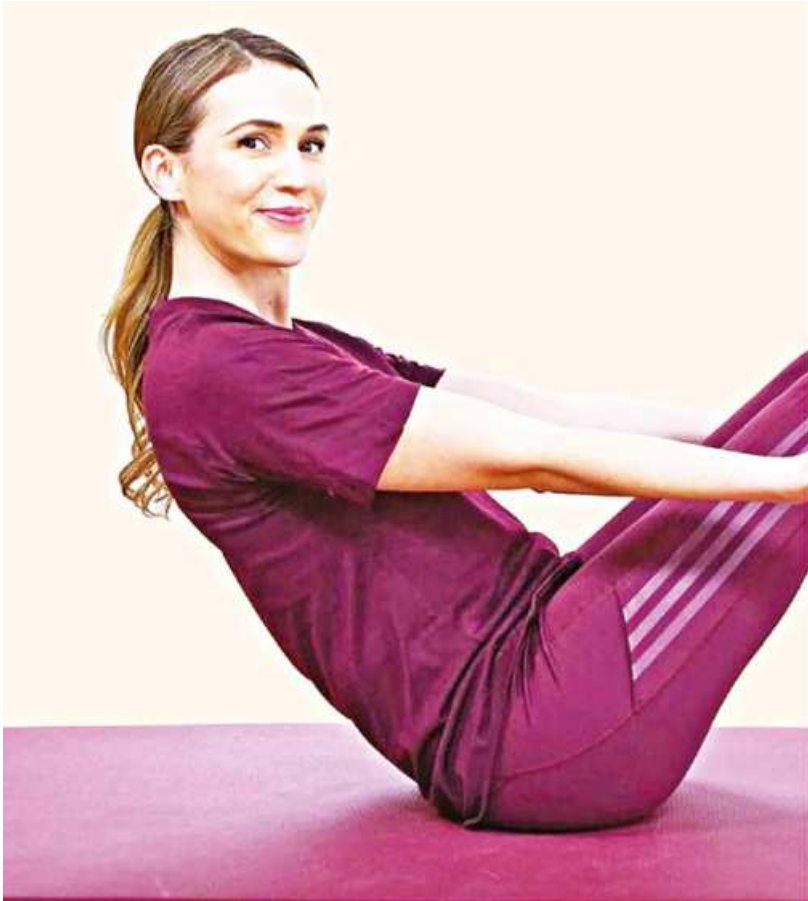


Check out these fitness experts on YouTube to get into your daily streak

REHENUMA RAYSA



YouTube has strived and become a reliable resource for fitness enthusiasts. An effective workout session equals increased productivity as well. Here we enlist our top picks to help you get into the exercise groove.

Chloe Ting

Fitness influencer Chloe Ting's channel consists of videos on hardcore high-intensity interval training sessions, as well as healthy food

recipes mentioning the calorie counts. These videos are also created keeping the working out together in the real-time format in mind. Her workout advice and guidance on individual fitness concerns are so on point.

Her channel features various free workout programs in the playlist section focusing on sculpting and toning of the body along with offering numerous fitness tips. Although the repetition of the same music is challenging at times, the inclusion of music at least helps keep up the motivation for long. Hence, there is no wonder why she is going strong and succeeding in her journey as a fitness guru with more than 22 million subscribers on her YT channel, with many of her videos amassing millions of views.

Yoga With Adriene

Despite the popularity of intense aerobic workout exercises, some are drawn towards yoga for its unique benefits. In international Yoga teacher Adriene Mishler's yoga-dedicated YouTube channel, the ancient science of yoga comes in well-organised yoga classes. She has included an array of yoga sessions that targets the entire body, as well as specific areas of the body. This channel features a slew of 30-days-challenges. Meditation practices are also included in her posted tutorials.

You will find everything from beginner and intermediate level to advanced and specific yoga workouts and so much more. Her infectious, calming, upbeat, friendly-



natured personality makes the process efficient. Moreover, since she talks her viewers through the process by instructing them with detailed narrations of what exercise is improving which part of one's body, it adds valuable attention to the effort, ensuring that the process remains easy to follow and enjoyable for the audience.

Pick Up Limes

The foods we eat have a significant impact on our physical well-being. This channel's zen-like representation of everything related to food consumption and so much more helps us take our determination to follow through with our workout regimen up a notch. Sadia Badiei, a certified dietician's incredibly versatile channel, is an ideal space for learning the basics.

She educates us on Nutrition, enables us to understand our relationship with food and



helps us fall in love with the process by sharing nutritional information. She promotes a healthy lifestyle by cooking varieties of easy yet delicious healthy recipes with pdfs and blogs providing acute measurements and nutrient values, explaining meditation or other health-related topics, and providing us with hacks to mindfully curate our lifestyles. She includes all sorts of subjects in the discussion of her high-quality content.

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ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

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