

# Fitness

fitness

workout

stretching

weightlifting

strength

squats

cardio

athletic

intensity



# Healthy Eating

healthy eating

vegetables

fruits

protein

fiber

grains

almonds

nuts

superfood



# Mental Health

mental health

meditation

mindfulness

relaxation

stress

therapy

gratitude

journaling

resilience



# Medical Care

medical care

doctor

nurse

hospital

prescription

checkup

vaccine

first aid

pharmacy



# Common Illnesses

common illnesses

cold

flu

fever

cough

allergy

migraine

infection

fatigue



# Wellness

wellness

sleep

skincare

yoga

rest

massage

bath

routine

manicure



# Healthy Habits

healthy habits

nutrition

exercise

hydration

routine

posture

breathing

walk

sleep



# Holistic Healing

holistic healing

acupuncture

massage

chiropractic

meditation

herbs

reflexology

counseling

recovery



# Emergency

emergency

ambulance

bleeding

wound

fracture

burn

choking

shock

poisoning



# Medical Equipment

medical equipment

thermometer

stethoscope

syringe

x-ray

cast

crutches

bandage

splint

