

Fight Obesity with Yoga

What is Obesity or Overweight?

Obesity may be described as a physical condition characterized by excessive deposition or storage of fats in adipose tissues. It usually results from consumption of foods in excess of physiological needs. It's a serious health hazard as the extra fat puts a strain on the heart, kidneys and liver, as well as the large weight bearing joints such as the hips, knees and ankles, which ultimately lead to other major diseases.

People today may be gaining weight because of unhealthy food choices (like fast food) and family habits (like eating in front of the television instead of around a table) and less-active lifestyles are all contributing to the obesity epidemic. Sometimes due to emotional reasons like stress, anxiety, people often eat more than they need

Is yoga a useful activity for weight loss? Well... yes!

Yoga techniques affect body, internal organs, endocrine glands, brain, mind and other factors concerning Body – Mind complex. Various Yoga techniques can be practiced effectively to reduce the weight and achieve normal health.

Asanas - Yoga postures are especially useful to reduce the fats in various parts, especially the following postures: Head to knee, Mountain, Spinal twist, Bow, Child, Boat, Warrior poses, Plough pose

Sun salutations - The practice of Sun salutation is a sequence of 12 positions practiced in order, which tones almost all of the muscles and also internal organs are stretched increasing blood & oxygen supply to these parts.

General guidelines:

- ❖ Gradual weight loss, promote long term loss of body fat.
- ❖ Fast once a week. Diet should include liquids, fruit and vegetable juices, warm skimmed milk, light soups.
- ❖ The foods that are especially beneficial are **Ginger, Papaya, Mango, Pineapple, Bitter melons, Dark, bitter greens.**
- ❖ Sip Warm water throughout the day, to enhance digestive system.
- ❖ Try to cut down on foods high in fats and sugar.
- ❖ Consume wheat products more than rice products.

- ❖ Incorporate few simple measures to burn calories effectively. Like-taking an after dinner walks, using stairs instead of escalators, parking the car farther away to have a longer walk.