

HEALTH

Yoga will improve any lifestyle

In its most basic form yoga is a practice of postures which create a well balanced body through strength and flexibility. Having a balanced body will result in injury reduction, relieved stress, and improved mental health and awareness. It becomes evident that every body can benefit from yoga.

Those who do not currently exercise would benefit most from yoga. It makes for a great starting point. Yoga is low impact, easy to follow, and it can even be performed in the comfort of the home. Through yoga

changes can instantly be made in overall flexibility by reducing muscle tension and creating better movement patterns with the core training element it provides. Many yoga poses can be progressed or regressed making them suitable for almost all ages, sizes, and capabilities.

Yoga can also benefit many athletes. Making the mind in tune with the body will allow it to perform at its highest capacity. Yoga provides functional flexibility which reduces the risk of injury during sport or work as well. Again, core training learned through yoga makes the body truly strong from the inside out.

FITNESS FOCUS



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Everyone in between can benefit from yoga. Making the body strong from the inside out defines proper protocol for anyone who currently exercises. Those who deal with high stress jobs can also benefit from the

meditation and stress relief yoga provides.

Yoga can be learned by attending group classes, referring to books and magazines, or even online sources. As a trainer I incorporate many yoga poses into my client's daily workout routines. Ask a professional or consult alternate sources to make yoga a part of daily activity in order to begin feeling better instantly.

(Matthew Cali is a NASM certified personal trainer at Fitness Concepts Health Club in Gardner. He can be reached at Matt@fitconcepts.net.)