

Being over weight will shorten your life.

Article from BuddhasPlace.com

Yoga Will Reduce your Weight

A recent study reported that doing yoga will cause you to lose weight.

Yoga is great for flexibility and stress reduction, but weight loss?

Researchers came to the conclusion that middle aged people who do yoga regularly will lose weight. In a ten year period they will lose 5 pounds. That does not seem much, but during the same time period people who do not do yoga will gain 14 pounds, thats a 19 pound difference.

Middle-aged people of normal weight generally gain weight over ten years. But the study showed those who did yoga put on fewer pounds than those who didn't.

Researchers do not think the weight difference is because of calories being burned during yoga. They believe that it is important to keep active. That people that do yoga are more aware of their bodies and eating habits (try doing a Down Dog on an over stuffed stomach).

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