

Improving Health with Yoga



Yoga isn't just about stretchy pants or being able to touch your toes. The time-honored practice offers an array of benefits for both your physical and mental health. Need convincing? Consider this:

- Yoga can help you increase your muscle tone and endurance without putting major strain on your joints.
- Yoga increases flexibility and core strength, and improves posture.
- Yoga is a great tool for reducing stress levels because of the focus on breathing and meditation.
- Yoga has been known to lower blood pressure, increase your metabolism, strengthen your immune system, and even help with chronic pain.

Many fitness clubs offer yoga classes and yoga studios are common just about everywhere, making it easier than ever to try yoga for yourself.