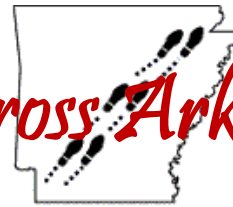


# HEALTH BREAK BREAKS

**U of A**  
UNIVERSITY OF ARKANSAS  
DIVISION OF AGRICULTURE  
Cooperative Extension Service

*Walk Across Arkansas!*



Fall 2008, Week 6

## YOGA, ANOTHER FORM OF EXERCISE

Over 15 million Americans are discovering some amazing health benefits of yoga. Yoga is a science that has been practiced for thousands of years. Its purpose is to unite the mind, body and spirit to promote healing and harmony within the body. While there are many different types of yoga, it is all really a matter of preference. They all have breathing exercises and posture, or poses, in common. Hatha yoga is most popular among Americans and Europeans.

Yoga is one of the top 10 most commonly utilized complementary medicine modalities, and it has raised the attention of scientists. Research studies are actively being conducted and published on yoga, and it is accepted now that yoga has many health benefits. Some schools are even adopting yoga into their physical education curriculums. In fact, yoga has gained so much credibility that May 2008 marked the first ever Yoga Week sponsored by the National Institute of Health.

If you've never experienced yoga, check out a free video offered by the Mayo Clinic:

<http://mayoclinic.com/health/yoga/MM00650>

*National Institute of Health*

## SOME (OF THE MANY) HEALTH BENEFITS OF YOGA

- Improved mood and sense of well being
- Fights stress
- Lower heart rate and blood pressure
- More lung capacity
- Better muscle relaxation and body composition
- Helps lessen anxiety, depression, and insomnia
- Improved physical fitness, strength and flexibility
- Positive effects on certain brain and blood chemicals

Yoga is generally safe, but people with some medical conditions need to take care with some postures.

## YOGA FUNNY OF THE DAY



**YOGA**  
Relaxing pastime,  
spiritual path or  
extreme sport?

  
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