



YOGA AND FITNESS

Dhatrak S.

Lt. VasantNaik College of Physical Education, Nagpur (M.S) India

Abstract:

Introduction:

Yoga:- is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing. The practice originated in India about 5,000 years ago, and has been adapted in other countries in a variety of ways. Yoga is now commonplace in leisure centres, health clubs, schools, hospitals and sur What Is Fitness?

Fitness:-Before you can prove yoga keeps you fit, you must first define what “fitness” actually means. This isn’t a simple task. Ask eight different physiologists, and you’ll hear eight different definitions, says Dave Costill, Ph.D., one of the first U. S. researchers to rigorously test the health and fitness benefits of exercise.

Now professor emeritus of exercise science at Ball State University in Muncie, Indiana, Costill defines fitness simply as the ability to live your life without feeling fatigued. “For normal daily living you don’t need the strength of a football player or the endurance of a marathon runner, but you’ve got to be able to perform your normal activities and still have a reserve,” says Costill.

How to Do Fitness Yoga

Three Parts:Developing a Fitness Yoga Routine
Practicing the Right Poses
Remaining Mindful with Yoga
Community Q&A

Yoga is known for its mental and physical health benefits. It provides a routine in which you can meditate by focusing on your breathing and relaxing all of your muscles. But it can also be a great way to exercise and build up your overall fitness level and prevent future weight gain.[1] Whether you want to strengthen your core muscles or supplement your general cardio routine, practicing dynamic Fitness Yoga can help improve your overall health.[2]

Developing a Fitness Yoga Routine



1. **Practice yoga as part of your whole fitness regimen.** Adults require 150 minutes of moderate aerobic activity plus two muscle strengthening workouts each week to achieve physical fitness.[3] Moderate aerobic activity includes things like walking, running, biking, and swimming. Yoga combines physical strength exercises with breathing and stretching exercises, so it is not quite the same as aerobic exercise

- Try to incorporate yoga as a strengthening exercise a couple of days per week or use it as a way to stretch and reduce stress before or after a workout.



2. Choose yoga poses that meet your fitness needs.

Yoga poses can target almost any area of your body. They can strengthen your legs, increase flexibility in your arms, and improve breath control.] Choose poses that will help you to work on specific fitness goals.

For example, if you want to increase flexibility in your legs, then you might try downward facing dog pose. If you want to improve balance, then you might try a half moon pose.



3. Start and end with low intensity poses.

Whenever you do a yoga routine, you should start by doing some low intensity poses to start and then build from there. Also, make sure that you always close your yoga routine with corpse pose to end on a relaxing note.

For example, you might start with some sun salutations and then move into standing poses, such as Warrior pose, and backbends or headstands (if you are ready).

Benefits Of Yoga

- 1) Improves your flexibility
- 2) Builds muscle strength
- 3) Perfects your posture
- 4) Prevents cartilage and joint breakdown
- 5) Protects your spine
- 6) Better your bone health
- 7) Increases your blood flow
- 8) Drains your lymphs and boosts immunity
- 9) Ups your heart rate

- 10) Drops your blood pressure
- 11) Regulates your adrenal glands
- 12) Makes you happier
- 13) Eases your pain
- 14) Lowers blood sugar
- 15) Helps you focus
- 16) Relaxes your system
- 17) Improves your balance
- 18) Maintains your nervous system

The American College of Sports Medicine (ACSM), the largest exercise science association in the world, defines fitness as both related to your ability to maintain physical activity and related to your health (for example, people who become more fit reduce their risk for heart disease

According to ACSM, four types of fitness help to bolster health:

1. Cardiorespiratory fitness

This refers to the fitness of your heart, lungs, and blood vessels. The better your cardiorespiratory fitness, the better your stamina, the lower your risk for a host of diseases like heart disease, diabetes, and cancer.

Your ability to move without feeling winded or fatigued is measured by your VO₂max (maximal oxygen uptake), a technical term that indicates how efficiently oxygen enters your lungs, moves into your bloodstream, and is used by your muscles. The more fit you become, the more efficiently your body transports and uses oxygen, improving your overall VO₂max.

To test VO₂max, physiologists ask you to cycle or walk or run on a treadmill with a tube-like mask over your mouth. The mask gathers the carbon dioxide and oxygen you exhale, and the ratio between the two gasses helps to indicate how efficiently your muscles use oxygen.

There are other tests that measure additional aspects of cardiorespiratory fitness, including a lung function test, in which you take a deep breath and then blow into a tube to measure your lung capacity, and heart rate tests, taken both at rest and during exercise. Since equally fit people can

vary as much as 20 percent in heart rate, this measure best indicates your own progress: If you become more fit, your heart rate generally drops.

2. Muscular fitness

This refers both to muscle strength (how heavy an object you can lift) and muscle endurance (how long you can lift it). Without exercise, all of us lose muscle mass as we age, which can eventually result in weakness and loss of balance and coordination. Because muscle is such active tissue, it also plays an important role in regulating your metabolism, with every pound of muscle burning about 35 to 50 calories a day.

In a lab, researchers test your muscle strength and endurance on specialized equipment that looks like an exercise machine at a gym but contains sensors that read how much force your muscles generate as they contract.

3. Flexibility

As most people age, their muscles shorten and their tendons, the tissue that connects muscles to bones, become stiffer. This reduces the range of motion, preventing optimum movement of your knees, shoulders, elbows, spine, and other joints. Loss of flexibility may also be associated with an increased risk of pain and injury. Tight hamstrings, for example, pull down on your pelvis, putting pressure on your lower back. In general, tight muscles increase the likelihood you'll suddenly move past your safe range of motion and damage ligaments, tendons, and the muscles themselves.

4. Body composition

Your body composition refers to the percentage of your body made up of fat instead of muscles, bones, organs, and other nonfat tissues. Though the use of body composition as a fitness and health indicator has come under fire in recent years by those who argue that it's possible to be both fat and fit, the ACSM and many physiologists continue to assert that too much fat and too little muscle raises your

risk for disease and makes movement less efficient.

Physiologists can measure body composition in several ways. The simplest method uses a pair of calipers to pinch the skin and underlying fat at various spots on the body. This method works best for athletes and others with little visible body fat. For those with more body fat, a more accurate method is hydrostatic weighing—being weighed while submerged in water and comparing the result to your out-of-water weight. Because fat floats, the greater the difference between your submerged and dry weights, the higher your body fat percentage.

Experts have long recommended that we do at least three different types of activity to achieve optimum cardiorespiratory and muscular fitness, flexibility, and body composition. For example, the ACSM recommends building cardiorespiratory fitness by exercising at an intensity that raises your heart rate to at least 55 percent of your maximum heart rate (the highest rate you can maintain during all-out effort, generally estimated as 220 minus your age); muscular fitness by targeting each major muscle group with eight to 12 repetitions of weight-bearing exercise; and flexibility by stretching.

No one argues against yoga's ability to satisfy the flexibility requirement. But until recently, few scientists had considered whether yoga could improve other aspects of fitness. Now that's starting to change.

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