



YOGA AND FITNESS IN OUR LIFE

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Abstract: The yoga and fitness makes the body strong and flexible; it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind. Physical fitness is defined as 'the ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies. It lacks of the inner self (spiritual dimension) to their lives and in all their relationships. Better emotional control and equilibrium. Improved physical control and co-ordination. The incorporation of yogic stretching in conjunction with other types of exercise will greatly aid in minimizing any or all potential ailments that may will occur over time from these other forms of exercise. Yoga helps our fitness in life physically, mentally, spiritually yoga and fitness most important in lifes.

Keywords: Yoga ,Fitness, Exercise, Oxygen, Mentally, Physically, Respiration, Mind, Body.

Introduction:

Definition of Yoga

Yoga is a practical aid, not a religion. Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with their environment. This is a simple definition.

The practice of yoga makes the body strong and flexible; it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind.

Definition of Fitness

According to the Centers for Disease Control and Prevention (CDC), physical fitness is defined as 'the ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies.' Based on this definition, fitness involves everything from getting out of bed to hiking to performing CPR.

In order to complete all of these tasks, one must consistently address their fitness levels. This requires proper conditioning through both structured exercise and leisurely activities.

Getting Older

For most people getting old is a decision they make whether they know it or not. It basically comes down to the saying – Use it or lose it! Old age and the associated illnesses that come with it are big business, so therefore people in the western world especially are not encouraged to look after themselves. Everyone is worth more in the health business when they are sick.

You might say that in the western world, people are living longer but the quality of life is far from acceptable. Most old people are dosed up on all forms of medication. Is that what you want for yourself? For more information on aging

Yoga helps to fill the Inner Void

We live in a world today which is very consumer orientated and also very competitive. This way of living has created for a lot of people a confused state and a search for who they really are.

The way of living for most people is becoming more complex as the days go on and they chose to become stressed in their ability to deal with this way of life. There is a lack of the inner self (spiritual dimension) to their lives and in all their relationships. However amongst the masses there are those that find the keys to a life of joy.

Respiration and Circulation

We supply our body with fuel from the food that we eat. The food is then broken down by chemicals within the stomach and turned into simple compounds, which in turn release energy and supply the body with the much needed nutrients to help it grow and repair itself from day to day activities.

The body with the use of water and carbon dioxide also expels waste products. This process, called metabolism, requires oxygen. When we inhale, air fills our lungs, and the oxygen is absorbed into the bloodstream.

At the same time, the waste carbon dioxide passes from the blood into the lungs to be exhaled. The oxygen-rich blood returns to the heart and is then pumped to all parts of the body to be used in metabolism.

Moving Oxygen

When you breathe in Oxygen is extracted from the air and into the lungs. It is passed into the blood through the walls of the lungs' air sacs. From here the Oxygen is transported in the blood by the red blood cells. These blood cells contain a protein called hemoglobin, which is an iron containing protein that turns red when combined with oxygen.

Their job is to bind with the oxygen molecules and carry them into the bloodstream, to all parts of the human body where it is needed. Let's say the hemoglobin is the bus and the oxygen is the passenger. The oxygen is then released so that the body's cells can use it.

After releasing the "good stuff", the waste products and cellular toxins are collected from the cells and carried in the blood plasma, back to the lungs via the blood stream. The lungs then internally exhale the unwanted matter back out through the airways.

Mental Benefits of Proper Breathing

- 1) Improved concentration and greater clarity of thought.
- 2) increased ability to deal with complex situations without reacting to stress.
- 3) Better emotional control and equilibrium.

- 4) Improved physical control and coordination.

Physical Aspects

Proper breathing demands a three part movement. Firstly, the diaphragm causes the abdomen to expand, filling the lower lungs. Secondly, the intercostal muscles expand the ribcage and fill the middle lungs, and finally, the collar bones lift, bringing air into the top part of the lungs.

Most people breathe using only the top part of the lungs, literally starving the body of its essential oxygen, while preventing Air passes down the complete elimination of noxious waste products.

Physical Benefits Of Proper Breathing

- Provides sufficient oxygen for the correct and efficient functioning of everybody cell. Without sufficient oxygen, the cells cannot metabolize food properly. Nutrients, including precious vitamins and minerals, are wasted.

Yoga and Exercise

Yoga may be considered very challenging. The challenge is to your will power. It is a challenging journey of self-improvement. Most types of activity require the body to make fast forceful movements. They have repeated actions, which often lead to tension and fatigue. Yoga poses on the other hand, involve movements, which bring stability and energy to the body, the senses, the mind, and the consciousness. In yoga practice, the brain is quieted; the senses are stilled, generating a calm feeling of well-being. With practice, the student of yoga learns to treat the brain as an object and the body as a subject. Energy is distributed from the brain to the other parts of the body.

The brain and body then work together and energy is evenly balanced between the two. No other form of exercise so completely involves the mind and spirit with the body, resulting in total well-being. Other forms of exercise address only particular parts of the body. You only enter the mental gym when you practice yoga. When practicing yoga, strength and power play separate roles to achieve a perfect balance in every part of the

body, as well as the mind. After such stimulating exercise, a sense of rejuvenation follows. Many forms of exercise require physical strength and endurance and can lead to a feeling of fatigue after 30 minutes of practice.

Many such exercises improve energy levels by boosting nerve function, but ultimately, this exhausts the cellular reserves and the endocrine glands.

Toxins build up in the body, and blood pressure and pulse are increased. Ultimately, the heart is overworked. An athlete's strong lung capacity is achieved by hard and forceful usage, which is not helpful to preserving the health of the lungs.

The incorporation of yogic stretching in conjunction with other types of exercise will greatly aid in minimizing any or all potential ailments that may / will occur over time from these other forms of exercise.

The physical act of breathing and practicing yoga The diaphragm, according to the science of yoga, is the seat of the intelligence of the heart and the window to the soul. During stressful situations, however, when you inhale and exhale, the diaphragm becomes too taut to alter its shape.

Yoga exercises develop elasticity in the diaphragm that will address this problem so that, when stretched, it can handle any amount of stress, whether intellectual, emotional, or physical.

Slow effortless exhalation during the practice of yoga, triggers a sense of calm and well-being to the body cells, it relaxes the facial muscles, and releases all tension from the organs of the senses: the eyes, ears, nose, tongue, and skin. When this happens, the brain, which is in constant communication with these organs learns to relax and become still and rested

Relaxation Techniques

True relaxation is experienced by the body and mind when little or no energy is consumed. It is Nature's way of recharging. Since every action, conscious or unconscious, uses stored energy, relaxation is necessary good health and peace of mind.

Without proper relaxation the body and mind become overworked and inefficient.

Physical Relaxation

Certain forms of exercise increase the body's energy, but this is futile if we continue to waste energy by constantly keeping the muscles in a state of readiness when there is no need to do so. Some people find they have trained their muscles to be so tense that they cannot relax them even at night, creating a constant energy drain. Yoga asanas are a technique for retraining the muscles to be able to relax. People who practice asanas often find that they need less sleep and feel more rested. This is because, when they lie down, they quickly fall into a sound sleep. Deep sleep rejuvenates body and mind, but light sleep, or the dream state, actually uses energy.

Mental Relaxation

When the mind is constantly bombarded by stimuli, it becomes overloaded and exhausted. We may be unaware that we are doing it, but by thinking and worrying we are using up tremendous amounts of energy. The tension put on the mind by worries, whether real or imagined, can use more energy than physical work.

Whenever you experience mental tension, try breathing slowly and rhythmically for a few minutes while you concentrate on the breath. Yogic breathing exercises will may take conscious effort, but develop your ability to calm the mind using your own thought power. This leads to an experience of inner peace, with physical relaxation following the mental relaxation.

Mind and Body

How you feel physically determines how you feel mentally

How you feel mentally determines how you feel physically

It is a never-ending circle of influence!

The body and the mind are in a state of constant interaction. The science of yoga does not dictate where the body ends and the mind begins, but approaches both as a single, integrated entity. The key is to integrate the two together, to union, thus the term yoga.

Yoga Postures, while appearing to deal with the physical body alone, actually influence the chemical balance of the brain, which in turn improves one's mental state of being.

The purpose of yoga is to work both the mind and body. Yoga postures, for example, simultaneously calm and stimulate the brain. These postures activate and stimulate vital organs by supplying fresh blood to the brain, making it alert but relaxed.

Yoga possesses the unique ability to calm the nerves. The nerves function as the

medium between the physiological body and the psychological body. Practicing yoga has the holistic impact of relaxing the body and calming the mind

Yogic exercises cater to the needs

Revive,

- 1) http://yoga.org.nz/what-is-yoga/yoga_definition.htm
- 2) <http://study.com/academy/lesson/what-is-fitness-definition-components-types-examples.html>
