

Yoga Is Good For Anyone!

Any discussion today about health and fitness is incomplete without touching upon [yoga](#). And not without good reason. Initially thought to be just a good way of handling stress, almost all yoga veterans today will tell you that yoga has kept them fit and healthy and possibly prevented the onset of disease. That fact is supported by medical and fitness professionals around the world.

Different yoga poses act on different parts of the body. Yoga is the only form of exercise that works on even those internal organs that are normally not stimulated throughout the course of your life. Below are just some of the ways in which yoga can help you.

- Improves blood circulation; increase in hemoglobin levels; decrease in white blood cell count, thus increasing immunity.
- Better respiratory functioning. This prevents asthma and can even reduce the severity of asthma attacks. Asthma patients who practice yoga regularly have fewer attacks and require less medication.
- Increases efficiency in functioning of cardiovascular system, thus preventing heart disease. Patients with heart conditions who practice yoga are able to recover better and faster from heart attack or stroke.
- Better functioning of digestive system, thus improving bowel movements and increasing metabolism.
- Stimulates various organs and glands.
- Strengthens joints, tendons and ligaments. This lessens arthritis pain.
- Increases strength, endurance, and daily energy levels, thus increasing productivity and preventing sleep disorders.
- Facilitates weight loss or weight gain. Studies have shown that people who lose weight through yoga are able to keep it off better than those who lose weight through traditional methods, even after they stop practicing yoga.
- Enhances flexibility, thus reducing pain caused by illness.

Over time, yoga strengthens your body and prevents or reduces the severity of several diseases like diabetes, asthma, thyroid problems, blood pressure, arthritis, arteriosclerosis, and certain heart conditions.

So whether you're 16 or 60; have knee problems or a severe heart condition; yoga is the answer to health and fitness for life.

About the Author

Good health is not a struggle, nor it is an extraordinary feat. Healthy living is about understanding what your body needs and what is good for it. Re-discover good health in a simple way with Tania Hackner and make good health a way of living!.For more information and advice on [General health](#) please visit us at <http://www.whatyouneedtoknow.co.in>

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