



Yoga Will Reduce your Weight

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A recent study reported that doing yoga will cause you to lose weight.

Yoga is excellent for flexibility and stress reduction, but weight loss? Researchers concluded that middle-aged people who do yoga regularly would lose weight. In ten years, they will lose 5 pounds. That does not seem much, but during the same period, people who do not do yoga will gain 14 pounds; that's a 19-pound difference.

Middle-aged people of average weight generally gain weight over ten years. But the study showed those who did yoga put on fewer pounds than those who didn't.

Researchers do not think the weight difference is because of calories burned during yoga. They believe that it is crucial to keep active. People that do yoga are more aware of their bodies and eating habits (try doing a Down Dog on an over-stuffed stomach).

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