

## With Yoga, Getting Slim And Trim Is Now Easier Than Before

It is no secret that yoga promotes a healthful and balanced lifestyle. When practised together with a calorie burning regime, it may show exceptional results in terms of weight control.

Practicing yoga will also encourage your metabolism, increasing the calorie burning process, but you should not see it as an all-encompassing method. In addition to losing weight you will also experience an increased ability to concentrate and focus, greater resistance to stress factors and an all-round healthier way of living.

Let's get a little technical here. Metabolism is regulated by the thyroid, a factor of the endocrine system. It is responsible for the substance processes in your body that transform food into energy. Yoga uses a string of twisting poses that stimulate the work flow of the intimate organs, therefore boosting metabolism to burn more calories and reduce your body weight.

Enhanced local circulation is another direct result with yoga postures and this leads to a healthier, more energetic body. When the calorie intake is lower than the calorie usage, your body will start burning fat cells to acquire the needed energy.

Different back bends, coupled with frontward bends, are meant to stimulate metabolism. Poses that touch the isthmus area, where the thyroid gland is situated, are especially valuable as weight problems are sometimes caused by a hormonal imbalance. These poses can be those of the camel, rabbit, plow, bridge and shoulder stand.

For people who are significantly overweight some of the bends may prove to be a difficult task to accomplish. They should gradually increase the difficulty of the postures until they are confident enough to move to more complex exercises.

Muscles can be strengthened with standing poses, such as the warrior. Energize the body and increase your metabolism even more by using Kapalabhati and Ujjayi Pranayama.

A proper diet should also be followed to sustain the holistic weight loss system. Try to consume food rich in fiber, vegetables, whole grains and fewer high fat and processed food items. Do not completely eliminate certain food stuff from your menu and remember that diversity is the key to a satisfactory diet.

A gradual approach is vital with all yoga practices. Results may not be spectacular and immediate, but this is one of the best long term weight loss methods available. In addition to weight control, yoga can also benefit you from an increased protection against adverse factors as well as a broad feeling of well being and inner peace.

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### About the Author

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