Get Up & Move!
Community Activity
Series 1: September

Yoga Class
This month you learned about the three important types of physical activity: aerobic activity, resistance and strength training, and balance and stretching activities. This month’s community activity will give you the opportunity to learn about an important stretching and strengthening activity called yoga. Yoga can be a good supplement to your regular physical activity.

Yoga is an activity that can help to relieve stress through quiet, precise movements. It focuses on calming the body through balance and concentration. The benefits of yoga go far beyond stress relief and may include:

- **Increased flexibility:** Continuous practice may increase range of motion, decreasing the likelihood of injuries when performing daily activities.
- **Management of health conditions:** The breathing used in yoga may help those with asthma, depression, low back pain, arthritis, and memory problems.
- **Weight loss:** Yoga may help people to make healthier lifestyle choices that promote weight loss.
- **Balance:** Yoga can help maintain a strong core, which helps the body with balance.

This month you and your club can try to take a yoga class in your community. Beginners usually find it helpful to learn with an instructor. The classes also provide camaraderie and friendship, which contribute to overall well-being. You might want to contact a local gym or community center to see if they offer yoga classes. Once you find a class that sounds interesting, you can contact the instructor so you know what to expect. You might want to ask:

- What are the instructor’s qualifications and where did he/she learn yoga?
- How long has the instructor been teaching?
- Does the instructor have experience working with youth?
- Is the class appropriate for beginners?
- What is the focus of the class: strength, relaxation, stress management?
- Are there any items required for the class, such as a mat?

A yoga class should make you feel energized, as well as relaxed and calm. If you do not feel this way after taking the class, ask the instructor for suggestions on techniques or for another class that might be better suited to your needs. Your experience might prompt you to enroll in a more frequent yoga class, or to practice yoga on your own using tapes or DVD’s that can be purchased or rented from local libraries.

Source: [www.mayoclinic.org](http://www.mayoclinic.org)