

# WEIGHT MANAGEMENT



&

# YOGA



# Yoga For Weight Loss

Have you heard the news that yoga is perfect for weight loss? You probably have a friend who has been practicing yoga for such purpose. Well, many people have claimed that yoga can help a person maintain a healthy weight by regularly practicing all the proper movements involved in this ancient practice.

The concept of yoga for weight loss actually came out following the claim that yoga can help create an ultimate sense of wellbeing.



The term “wellbeing” is commonly understood by many as the state of being healthy in which the body is free from all the harmful elements in the environment, including calories.

Aside from that, yoga is believed to be highly potent for boosting metabolism, which according to several studies is an effective factor for losing weight.

However, many have said that yoga for weight loss is not as strong and effective as what others believed. According to them doing the yogic exercises regularly will not provide a quick fix for weight loss.



But, it is important to note that they never said that there's no hope for yoga to do miracles when it comes to losing pounds. The truth is, yoga can be highly effective for weight loss if it is done along with proper diet and a healthy lifestyle.

## **Yoga Exercises For Weight Loss**

Generally, all of the exercises involved in yoga are said to promote weight loss. They also help your posture, helping self esteem. Of the techniques available, the back bends, twisting positions, forward bends, and inversions are the most well-known moves capable of promoting weight loss.



These exercises are claimed to be great for stimulating the endocrine system of the body. They can also boost metabolism which in turn acts to burn a greater number of calories.

Exercises like the sun salutations, standing poses, camel pose, shoulder stand, bridge, rabbit and plow poses are also capable of boosting metabolism in the body as all of these are performed in series.

However, for people who are overweight may find these movements difficult to execute, the reason that yogis recommend doing these moves slowly and carefully.



# Yoga Diet & Healthy Lifestyle

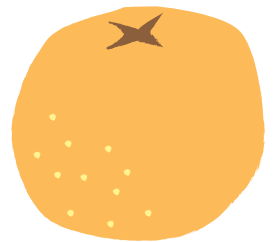
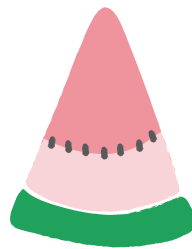
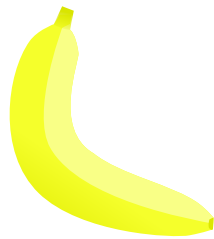
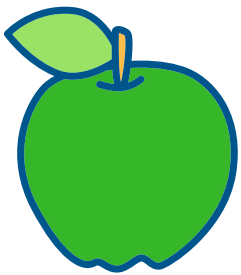
As mentioned earlier, the yoga exercises are not so effective for weight loss if they are not performed along with proper diet and a healthy lifestyle.

So if you want to see yourself losing weight while practicing yoga, you should exert certain efforts and interest in maintaining a healthy lifestyle and a proper diet.

Note that the yoga diet is rich in fiber, legumes, whole grains and vegetables. On the other hand, the yoga for weight loss diet is low in fat, processed foods and animal protein.



So to achieve better results when doing yoga for weight loss, note all the foods that are allowed and the foods that are restricted. As simple as that!



Remember to maintain a healthy lifestyle. Avoid alcohols and unhealthy products, and practice respect for others and a sense of positive self-action. That is basically what the concept of yoga is all about.



# Here Is A Yoga Exercise For Weight Management



**Spine Twist For Spine Health, Less Stress,  
Massage Internal Organs (Liver & Spleen)**





# Jill Healy-Quintard's Fitness and Wellness Tips.

**Aim:** To Rotate and Lengthen Spine.

Rotates Spine (Any spine twist is wonderful for detoxification due to the gentle massage affect to the internal organs) Inhaling helps lengthen the spine and exhaling helps with the rotation.

As you are massaging liver on one side and spleen on the other as you turn your creative energy is enhanced by keeping those internal organs healthy.



## Breathing

- Inhale and from upstretched position of arms open arms to shoulder level while turning upper body only to the right looking back at your right arm on the exhale.
- Lift back up onto the toes for balance and then lower feet, lower arms to look back to the left arm with spine twist (repeat 2 more each side) while inhaling and exhaling.

**Watch Points:** Keeping knees, ankles and feet in parallel alignment, (do not twist lower limbs).



# Contraindications

Spinal issues such as herniated disc, pinched nerves, rib injuries, shoulder injuries.



# Here Is A Yoga Exercise For Weight Management



**Down Dog Pose (Adho Mukha Svanasana)  
or Pilates Inverted V for Release of  
Tension, Stress, Headaches, Improves  
Digestive System)**



# Jill Healy-Quintard's Fitness and Wellness Tips.

**Aim:** To move to the mat as this is the gateway that leads into the fusion of both Yoga and Pilates.

It is a Yoga Inversion and Pilates pose and particularly in this YogaPilates Fusion session is the beginning of our strength section in both Yoga and Pilates. It is the most wonderfully strengthening yet meditative pose and can be used as a relax between other strength work or just hold on its own for a wonderful stretch.



## **Jill Healy-Quintard's Fitness and Wellness Tips.**

It elongates and releases tension from the spine, stretches and strengthens arms, shoulders and back. It stretches hamstrings, calves, arches and hands and lengthens the spine. It improves mobility of the digestive system, relieves back pain, headaches, insomnia and fatigue. It is also recognised as a pose to help symptoms of PMS and Menopause due to the calming benefits. It can be done against a wall if there are wrist issues or carpal tunnel syndrome or eye or ear infections. Also to be avoided during late pregnancy.



## Breathing

- Nasal/Mouth as in Pilates Breathing.
- Inhale and walk hands out to top of the mat and spread your fingers with the index finger forward. Push the heels of your hands against the mat.
- Place knees under hips and feet hip width apart with knees soft to start.
- Exhale and push the hips away from the hands, lift the buttocks high making an inverted V shape.



- Rise up onto the toes and gently march one foot down then alternate the other stretching the hamstrings for 10 counts while inhaling and exhaling.
- Gently rise again on both sets of toes and push heels towards the mat.
- Widen your shoulder blades and feel them move towards your tailbone

**Watch Points:** Placement of hands, inverted V position from side view, let the head drop.





## Contraindications

Wrist issues, carpal tunnel, shoulder issues,  
late pregnancy, high blood pressure,  
headache, detached retina.



# Here Is A Yoga Exercise For Weight Management



**Warrior 1 (Virabhadrasana) and Lunge.  
Body and Balance Mind/Body/Strength  
Co-ordination and Balance**



# Jill Healy-Quintard's Fitness and Wellness Tips.

**Aim:** To open the chest and increases deeper breathing. It also increase body and mind awareness and stimulates the central nervous system. The lunges strengthen the muscles of the legs while increasing the heart rate through use of the largest muscles in the body being the quadriceps. It is a balance, strength and stamina pose for body and mind.



## Breathing

- Nasal/Mouth
- From the end of the mat step right leg back and keep legs and feet parallel arms lengthened down the side of the body and shoulders down.
- Inhale lift the right heel and as you exhale lower the right heel to stretch, strengthen and align the legs.



- Inhale again and on the exhale lower to a lunge raising the arms to ear level. Remember to keep the left knee above the toes and right knee towards the floor. If there is knee pain modify by decreasing the bend.
- Repeat the 3-5 times and on the last exhale hold and either pulse for 3 counts or hold for 3 counts, depending on knee condition.

**Watch Points:** Knee over toe for lunge, crown of head to ceiling, arms lengthened at ear level, shoulders down to shoulder blades.



# Contraindications

Knee issues, shoulder issues, balance issues.



**This Ebook is a collaboration between Jill Healy-  
Quintard, Yoga Teacher at bodyandbalance  
& Global Healing Exchange**

