

FITNESS FACTS

Why Some Stay Younger With Yoga

(NAPSA)—Breathe. That may be all it takes to feel better and look younger—if that breathing is part of regular yoga exercises.

“Yogis in India have been known to live to a great age,” says Paul Harvey, author of *Yoga For Every Body: Simple Routines to Reduce Stress, Improve Fitness and Make You Feel Good At Any Stage of Life!* (Reader’s Digest, \$24.95). “And there is some evidence that regular yoga practice can keep you feeling and acting younger for longer.”

According to Harvey, The Yoga Biomedical Trust in England carried out a health survey of several hundred people over 60 years of age who had been practicing yoga for at least ten years.

They found that those who practiced yoga daily had much lower rates of back and neck pain and were much less reliant on painkillers and indigestion medicines, than those who practiced only occasionally.

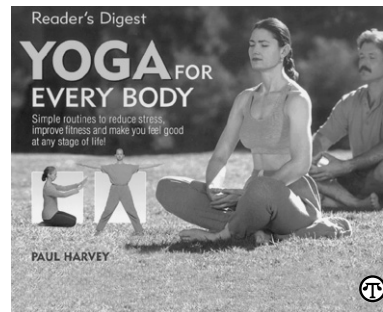
Yoga is also a form of exercise you can enjoy at any age since you can adapt it to your capabilities.

“It is never about competing with other people or pushing yourself until you hurt,” said Harvey, who has been practicing yoga for more than thirty years.

In his easy-to-follow book, Harvey explains the basic concepts behind yoga.

“All the practices in this book are designed to be done slowly and rhythmically, with your breath acting as an ever-present safety device. As soon as your breath strains or falters, it is time to stop and rest and wait for your breath to recover.”

It is also possible people who have not exercised in ten, twenty



or more years to start yoga at their own pace.

“Within the first few practices many people notice the most obvious telltale signs of aging start to diminish” said Harvey

As muscles stretch and relax, posture becomes more youthful, with a straighter back, less rounded shoulders and increased freedom of movement.

The book can be purchased at www.rdstore.com or wherever books are sold.

How Yoga Can Keep You Young

- Maintains flexibility in your joints.
- Promotes good muscle tone and control.
- Improves posture.
- Reduces the risk of osteoporosis.
- Encourages good breathing and exercises chest muscles.
- Motivates you to live healthily.
- Helps to improve circulation.
- Reduces depression.
- Fights fatigue and lethargy.
- Improves sleep patterns.

From *Yoga For Every Body* by Paul Harvey
(Reader’s Digest, 2001)

