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Media Release – The Benefits of Yoga on Mind and Body

From: NZ Register of Exercise Professionals



## The Benefits of Yoga on Mind and Body

**Mind-body practices such as yoga have been around for a long time, in fact yoga can be dated back over 5000 years.**

In more recent times yoga has become more accepted in the exercise mainstream, beginning first in community settings, and then through to larger exercise facilities and studios. There has been a recent rise in the dedicated yoga studio, with offerings now embracing all markets and settings.

Research on the benefits of exercise to both physical and mental health has become more nuanced, with an understanding that different styles of physical activity offer different benefits. While simply 'getting moving' is still a good message, we know now that there's not just one way of doing this.

There is plenty of research to indicate that getting your heart rate up is beneficial at all ages and stages. Equally, there is an understanding on the other side that indicates the inclusion of more gentle, mindful exercise practices can also have positive effect on health and wellness levels.

For many, the option of intense physical activity is not appropriate. When injury, ability or life stage prevents high intensity activity, a mind-body workout such as yoga is essential to staying active. There is also an increased understanding that physical movement is important for mental health. The focused, slower practice of mind & body activity allows space to reflect and relax. Those who do enjoy an all-out style of physical activity are also finding the addition of a more focused activity type amongst their higher intensity activity adds to their exercise enjoyment, and results.

The concept of mind-body refers to a state where interactions and connections are made between your mind, your body, and the world. Generally speaking, a mind-body exercise form is one in which the pace is slow enough for this connection to be focused. That's not to say there isn't a sense of being connected on a run or during a weights session, but that this is not the main focus of the activity.

The benefits of yoga and mind-body exercise go beyond the physical, although this is one of its attractions as part of an exercise and physical activity routine. The main physical benefits relate to the stretching component, bringing benefits such as reduced muscle tension, improved range of movement in the joints, better muscular coordination, and increased circulation of the blood to the body.

Where yoga really becomes the star of the show is in its stress reducing and relaxation benefits. With people living more busy lives, constantly connected to stimulation and data even during down time, the need for consciously created mindfulness becomes more important. It's an opportunity to slow down and connect, with mind & body.

While the injury and health risks associated with more gentle mind-body practices are lower than those of a higher intensity workout, keeping safe and exercising at a level that is suitable for you is just as important. The teacher or instructor should offer modifications throughout the class to enable all participants to achieve results at the right level.

#### References:

[https://www.sciencedaily.com/releases/2019/09/190905161410.htm?utm\\_source=feedburner&utm\\_medium=email&utm\\_campaign=Feed%3A+sciencedaily%2Fhealth\\_medicine%2Ffitness+%28Fitness+News+---+ScienceDaily%29](https://www.sciencedaily.com/releases/2019/09/190905161410.htm?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+sciencedaily%2Fhealth_medicine%2Ffitness+%28Fitness+News+---+ScienceDaily%29)

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**NZ Register of Exercise Professionals (REPs)** - Independent not for profit quality mark of exercise professionals and facilities. Using REPs Registered Exercise Professionals is the “warrant of fitness check” that exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver safe exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 210,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - [www.icreps.org](http://www.icreps.org)

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**Exercise Association of New Zealand** - Not for profit exercise industry representative organisation. Its *mission is to proactively support a sustainable exercise and fitness industry in New Zealand by growing participation in structured exercise through advocacy, information and industry standards.*

