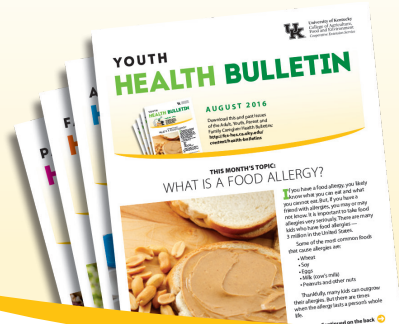


YOUTH HEALTH BULLETIN



SEPTEMBER 2019

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: YOGA



September is National Yoga Month. Have you heard of yoga? It might seem like a new trend that everyone is doing, but yoga actually started in India more than 5,000 years ago.

The word yoga comes from the Eastern language of Sanskrit meaning to unite the mind, body, and spirit. A lot of superstars and athletes practice yoga, but it is a great activity that anyone can do! If you participate in other activities, yoga can help you get better at them. Yoga is a full-body workout that increases your flexibility, staying power (endurance), and your ability to focus.

Have you tried yoga before?

Yoga strengthens, tones, and stretches your muscles, helping to increase your flexibility. The more flexible your body, the less likely it is that you will be injured. Most yoga practices

Continued on the back →



Yoga is a full-body workout that increases your flexibility, staying power (endurance), and your ability to focus.

➔ Continued from page 1

include physical postures, breathing exercises, and meditation to unite the mind and body through slow intentional movements with your breath. Yoga leads to improved physical fitness, increased ability to concentrate, and decreased stress.

How do I practice yoga?

Yoga is a perfect way to chill out and take some time just for yourself! So, set aside 10 to 15 minutes to practice yoga. Look for a level area that is large enough for you to stretch all around yourself. You'll need room for standing poses, floor positions, and stretches. If you are doing yoga on a carpeted floor, you will not need any equipment, although many people like to use a yoga mat or "sticky" mat for cushion and to help with grip. You will want to dress comfortably for yoga. So, make sure to wear clothing that allows you to move your body fully. Stretchy shorts or pants and a T-shirt or tank top would work. Yoga typically is done barefoot, so you do not have to worry about special shoes.

Getting started

Many gyms, community centers, or YMCAs offer yoga classes. Try asking friends and family members if they know of a good place, or check out your local recreation centers and fitness clubs — they sometimes have classes for all ages and skill levels. Also, do not forget about your local



library — there you can find more information on yoga itself, as well as magazines or books that may have a listing of classes in your area. The library might even have DVDs that can be helpful if you want to practice at home. Websites are a good way to practice at home, too.

The great thing about yoga is that it can be what you make it. You can make yoga as hard or as gentle as you want. Because yoga is not a competitive sport, all you have to do is listen to your body!

SOURCES:

- <https://kidshealth.org/en/teens/yoga.html>
- http://www.yogahealthfoundation.org/yoga_month
- <https://www.cdc.gov/bam/activity/cards/yoga.html>

Can you unscramble these words?

GYAO: _____
ELIFXTLIYB: _____
CNERUADNE: _____
SOFCU: _____

ANSWERS: YOGA, FLEXIBILITY, ENDURANCE, FOCUS



YOUTH
HEALTH BULLETIN

Written by: Natalie Jones
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon illustrations by:
Chris Ware (© University
of Kentucky School of Human
Environmental Sciences)

