



EFS PERSONAL TRAINING

Energize Tips

Yoga for Heart Health

Incorporating a yoga practice into your fitness routine can be very beneficial to your cardiovascular health.

Yoga is a mind/body connection; it incorporates physical asanas (poses) with specific controlled breathing.

- Reduces stress
- Lowers blood pressure
- Lowers heartrate

Because yoga is less strenuous than many other types of exercise and is easy to modify, it's perfect for everyone. The muscle stretching encouraged by yoga postures is also a good way to cool down after walking, cycling, or other aerobic conditioning

Check out the video: <https://youtu.be/t6gouO7uZzM>