



Walk to Run
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Mind-Body Fitness **by Lynn Gray**

Mind-body fitness is what is happening these days in the exercise world...even for the hard core runners and triathletes. It is no wonder we are the ones that need the skills which yoga and Tai Chi teach us. Mind-body fitness requires us to slow down and mentally execute a physical movement with specific attention to breathing while gradually and methodically moving our limbs. The actual breathing process loosens our tissues which then allow our muscles to relax and lengthen. Mind-body disciplines such as Tai Chi and Hatha yoga emphasize the breath continually throughout each movement. Thus, the actual breathing component of these two disciplines alone helps us pounders on the grounders loosen and stretch our various muscle groups.

Specific Hatha yoga postures are particularly helpful for arthritis, asthma, low-back pain and postural problems, while increasing muscular strength and flexibility. Tai Chi is helpful in improving overall balance and motor coordination plus, due to its meditative component, this practice can help reduce anxiety, blood pressure, and symptoms of depression. Due to the meditative nature of both yoga and tai chi, a definite reduction of insomnia is experienced.
