

# FITNESS MADE EASIER

## TIPS FROM THE EXPERTS

### A Progressive Approach To Yoga And Health Keeps People Fit

(NAPSA)—How do “Charlie’s Angels” stars Drew Barrymore and Lucy Liu keep themselves in (crime) fighting shape? How does Cincinnati Bengals wide receiver T.J. Houshmandzadeh train to stay in top form? And how does actress-singer Jennifer Lopez make “a mystical connection between body, mind and soul”?

These celebrities and athletes are among a growing legion of fitness buffs who practice “power yoga,” a fitness regimen that not only allows them to sculpt their million-dollar bodies, but also promotes focus, reduces stress and enhances flexibility. Today, more than 17 million American women and men practice this ancient mind/body regimen for its life-enhancing benefits.

Power yoga is a demanding regimen that includes exercises which are physical, fiery and



**Experts say it’s possible to burn as many as 800 calories during a 90-minute power yoga workout**

powerful. In addition, experts believe it can increase metabolism and help people shed fat and calories. In fact, power yoga burns more calories than kickboxing, pilates, jogging or spinning—about 800 calories for a 90-minute workout.

According to Mark Blanchard, one of the best-known teachers of power yoga, losing weight while having fun is how it differs from

other exercises. He says yoga helps you lose weight fast because it helps you change the way you think about your body and the foods you eat to fuel that body.

In addition, yoga is said to decrease your physical and mental stress levels, reduce weight post-pregnancy, combat pain associated with arthritis and aid the body in recovery after injury. A 90-minute practice several days a week is said to help wash a person clean of decades of negativity.

#### Celebrity clientele

The success of Blanchard’s Progressive Power Yoga program has even attracted a number of high-profile celebrity enthusiasts, from Lopez, Barrymore and Liu to NBA all-star Steve Smith, who called it “the most thorough workout I’ve ever done.” Actor Andy Garcia adds, “It improved my strength, flexibility and most importantly, my golf game.”

#### Practice at home

For those who want to get started with power yoga, Blanchard’s Web site offers a number of instructional tapes and DVDs, apparel and merchandise to make home study easier. To learn more, visit [www.marksyoga.com](http://www.marksyoga.com) or call 1-800-861-YOGA.

#### Yoga Basics

- Start slowly and build up to a more intense workout. The ultimate goal should be a 90-minute workout, done three to five times a week.
- Don’t eat in the 2½ hours before working out, but be sure to have eaten something that day. If you haven’t, have a glass of juice to get your blood sugar up.
- Don’t drink water during your workout. Hydrate beforehand.
- If you can’t do a pose, don’t get frustrated. Remember, it’s yoga practice, not yoga perfect.

