



Topic: Managing Obesity: Yoga for weight loss

Have you noticed the rise in the health and fitness industry? This is because obesity and weight issues have grown rampant in many countries, in turn, leading to other health issues. Do not worry. We can help you. You can turn to **yoga for weight loss** and also for managing obesity.

Obesity is a chronic disease that leads to excess body mass in the body. While there are many causes of obesity, one of the most prevalent ones is the consumption of unhealthy food, overeating, and lack of physical exercise.

If ignored, obesity can lead to a number of other illnesses like:

- Cardiovascular diseases
- Kidney diseases
- Gallstones
- Asthma
- Obesity hypoventilation syndrome
- Back pain
- Gout
- Osteoarthritis
- Type 2 Diabetes

Adopting a healthier lifestyle can manage obesity and yoga is one of the most effective and long-term approaches to help you get there.

Why yoga?

Yoga focuses on aligning the mind, body, and spirit and offers a more holistic approach to better health. It focuses on breath work and bringing awareness to different parts of your body. This helps you understand your body and its needs better. With yoga, you will feel energized, excited, and calm. This attitude itself changes your entire lifestyle.

Below are some reasons to choose yoga for weight loss and managing obesity:

- **Mindfulness and high-quality living:**

Yoga makes you more aware of your body and in turn what you feed your body. It helps combat stress eating and approaches the root cause of weight gain rather than only shedding calories.

- **Better mental health and sleep:**

Studies have shown that better quality of sleep and mental health help reduce weight. Obesity is also indirectly related to stress and other mental related problems.

- **Calorie burning:**

While most forms of yoga do not look like intense workouts, Vinyasa, Ashtanga and Power yoga will help you burn calories faster. However, even if you adopt any of the less intense asanas and practice consistently, you will notice a change in the long run.

Yoga does not have to be difficult. All you have to do is download a yoga app for weight loss and get started. If you are looking for the best [yoga for weight loss](#) app, look no further- Aayu offers just what you need. Follow the guided instructions and practice regularly. Always make sure to consult with a doctor before adopting any new health practices.

Here are 7 yoga asanas that can help with managing obesity:

1. Trikonasana or Triangle Pose
2. Bhujangasana or Cobra Pose
3. Navasana or Boat Pose
4. Utkatasana or Chair Pose
5. Dhanurasana or Bow Pose
6. Virabhadrasana or Warrior 1 Pose
7. Phalakasana or Plank

