

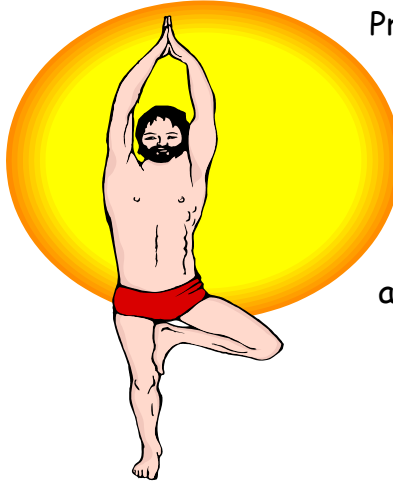
FIRE FITFACTS

FROM THE PHOENIX FIRE DEPARTMENT
AND THE AMERICAN COUNCIL ON EXERCISE

Principles of Success ~ Focus for the Mind and Body

YOGA

- ☯ *Yoga teaches teens about their own bodies and helps build confidence.*
- ☯ *Yoga strengthens the muscles, stamina, stability and balance.*
- ☯ *Yoga teaches good posture.*



Practicing yoga provides benefits for the entire mind and body. Yoga strengthens, stretches and stimulates the musculature of the body. It also improves the bodily functions of respiration, digestion and circulation.



- ☯ *Yoga promotes calmness, centering and even-temperedness, and aids in sound sleep.*
- ☯ *Yoga is an excellent, noncompetitive form of exercise that everyone can enjoy.*

Benefits of Yoga to Life

Yoga is the oldest system of personal development encompassing body, mind, and spirit. The origin of yoga goes back more than 5,000 years. This valuable science, developed and modified through generations, took many years to spread around the world.

Yoga is recognized for general health and preventative and curative effects. Many athletes practice it for restoring energy, improving stamina, developing mental focus, strength and flexibility.

Yoga uses balancing movements, stretching, focused concentration and special breathing techniques to help relax the mind and body. The classic ancient yoga postures have a profound effect on the muscular, endocrine, nervous and circulatory systems.