

Ten Minute Yoga Plan to Pep Up

Whether you might be staying home with a new baby or working too many hours at the office, anytime is a good time for yoga. You can do yoga stretches and postures in bed or even while driving to work.

Hundreds of fitness seekers use their lunch hour to squeeze in exercise and take off extra pounds.

I occasionally use my lunch hour for Yoga, said John Ray White, 35, who works at the Arkansas attorney general's office. Downward facing dog and sun salutation are two of the postures she practices every day.

Practicing yoga in the middle of day some people think is the break that they need to face the afternoon, said Ray.

Lunch-hour fitness routines become more popular in warm weather.

Kick Back Log-on Pose

Interlace your fingers behind your head. Relax your elbows and shoulders. Smile, breathe and stretch your elbows back. Let the tightness release slowly.

E-mail Meditation

While reading your e-mail, remember to breathe slowly and focus your attention on your breath. Make the out-breath two times longer than the in-breath. This will immediately calm you.

Photocopier Stretch

Place your hands on the edge of the copier. Stand back with feet apart. Drop your head and chest. Breathe and relax your shoulders.

Close-the-deal Warrior Pose

Raise your arms to the side with fingers pointed. Take a big step to the side, with your right foot out and knee bent, your left foot planted, left leg straight. Keep the upper body straight and strong, shoulders relaxed. Relax into the stretch -- don't hold your breath. Return to a standing position, switch sides and repeat.