

## Yoga for Business People: Workplace Implications

Mind-body fitness, which derives from Eastern philosophies and religions, improves physical and emotional well-being, and has implications for workplace performance.

The overall benefits of mind-body exercise are documented in an increasing number of scientific studies. They include everything from reducing cardiac risk factors to enhancing mood.

'You're under stress, but you have to be in control all day, and after so many years, what happens is that leads to eating misbehaviors, stress hormone production and cardiac risk factors,. The good news is you can reverse these risk factors non-pharmacologically and develop some habits for a lifetime' that complement conventional diet and exercise.

The kinder, gentler movements typical of yoga improve flexibility, strength and muscle tone and can be more youth-promoting than the wear-and-tear of daily aerobics, weights and running alone.

Especially with the baby boomer generation getting older, they're realizing the need for flexibility, the need for good posture, and the desire for the things that are going to help them look and feel young.