



A Comprehensive Approach on how Yoga Influences Weight Loss and Lifestyle Choices

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DESCRIPTION

The ancient practice of yoga offers a different, good approach to weight loss. While many might associate yoga primarily with flexibility, stress relief, or deeper connection with inner self and deeper faith in humanity, its benefits are far more comprehensive and can significantly contribute to weight loss and overall wellness. As we consider about weight loss, the first thing that often comes to mind is calorie-burning exercises like running, cycling, or weightlifting. Although that yoga may not burn as many calories as these more intense forms of exercise, it's essential to look beyond just the caloric expenditure. Yoga offers a novel approach to weight loss, affecting not just the body but also the mind and, by extension, lifestyle choices that contribute to weight gain.

For beginners, let's consider the physical aspects. Certain types of yoga, such as Vinyasa and Ashtanga, can be quite physically demanding. These forms involve a series of poses that we flow through, engaging multiple muscle groups and requiring sustained effort. Depending on our weight, the intensity of the practice, and other factors, we could burn between 400 and 600 calories in an hour-long session. Even less intense forms like Hatha yoga can contribute to weight loss by improving muscle tone, enhancing flexibility, and boosting metabolic rate.

Beyond the immediate calorie-burning benefits, yoga also has a great impact on our hormonal balance. Stress is a significant factor contributing to weight gain, primarily through its impact on cortisol levels. Elevated cortisol can lead to increased appetite, purpose for unhealthy foods, and greater fat storage in the abdominal area. Yoga, known for its stress-reducing properties, can help regulate cortisol levels, thereby aiding weight loss.

Moreover, many yoga poses focus on strengthening the core and improving digestion. A well-functioning digestive system is essential for weight loss, as it ensures that nutrients are efficiently absorbed and waste is quickly eliminated, helping to optimize our metabolic rate.

But perhaps one of the most transformative aspects of using yoga for weight loss is the development of awareness. Yoga encourages us to be fully present, to connect with our body, and to be aware of each movement and breath. This excessive sense of awareness can extend to other areas of life, including eating habits. Attentiveness can make us more adapted to our body's hunger and fullness signals, helping us to make better food choices and reducing the likelihood of emotional eating.

Emotional balance is another area where yoga can be incredibly beneficial. Many people turn to food for comfort when they're feeling stressed, anxious, or depressed. Yoga provides an alternative outlet for these emotions, helping to improve our emotional well-being and reduce the likelihood of emotional eating. The beauty of yoga is that it's accessible to everyone, regardless of age, fitness level, or experience. Whether we are a young adult, a busy parent, or even someone in their old age, we can find a yoga style that suits our needs. From Vinyasa and power yoga to the more meditative Yin yoga, there's something for everyone.

In conclusion, yoga offers a general approach to weight loss that goes far beyond the simplistic concept of burning calories. It addresses the physical, emotional, and psychological aspects of weight management, making it a sustainable and effective long-term strategy. We are not just working towards a lean body but also contributing to a more balanced, healthier, and happier life.

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