

Barefoot Yoga recognized for promoting healthy lifestyle

By Peggy Linton, Special to My Life

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Barefoot Yoga in Southaven was recently honored as an advocate for healthy lifestyles in DeSoto County by the Community Health Council. During February, designated as Heart Health Month, Barefoot Yoga sponsored a Couples Yoga as a way to promote healthy activity.

According to the American Heart Association, coronary heart disease is the leading cause of death for both men and women in the United States, causing about 1.5 million heart attacks each year. Recent research has shown yoga and meditation to reduce blood pressure, lower pulse rate, improve elasticity of arteries, regulate heart rhythm and increase the heart's stroke volume. In short, yoga is good for your heart.

Barefoot Yoga also sponsors Nutrition 101 Workshops which include information on:

Resources for developing a meal plan specific to your needs

Label reading handout

Food journal

Calorie counter

Body Mass Index calculations to determine estimated body fat

and a field trip to a local supermarket.

There is a nominal registration fee.

"They not only give excellent instruction in yoga, but also incorporate nutrition with their Nutrition 101 classes," said Jim Robinson, chairman of the Health Champion Committee for the DeSoto County Community Health Council. "This comprehensive approach to fitness and nutrition is the best way to develop a healthier way of living."

A regular yoga practice enhances weight loss, flexibility, muscle tone and more. Barefoot Yoga offers classes for all levels in Southaven and Senatobia.

For more information about this facility visit barefootyogallc.com.

To learn more about this initiative or the Community Foundation, go to cfm.org or call (662) 449-5002.

Peggy Linton is the community development director for the Community Foundation of Northwest Mississippi.



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