

Yoga

I was first introduced to Yoga back in high school; my wrestling coach signed the whole team up for a class once a week. It was great! I was already quite flexible however; I was horrible with controlling my breathing. As I continued with Yoga I became better and better at keeping my breathing slow and controlled and that helped me become a better wrestler. It also helped many of my teammates with their flexibility and body control which also helped them become better wrestlers. You may be asking, what does this have to do with being a mom? Well, everything. Controlling breath is the best way to calm down when frustrated or upset. I have also found it helps me relax at the end of a long frustrating day when I need to get to sleep (to do it all over again). Flexibility is important for the things we do everyday-picking up our kids, bending down to pick up the bag of groceries, etc. It also helps prevent injury.

I rediscovered Yoga after college when I was done with wrestling and other sports. I found my flexibility was waning and I began to have the aches and pains that I thought were from being a former athlete. Yoga helped me regain my flexibility this time and the aches and pains began to go away. Now that I was feeling good I wanted to get back to being an active person. Even though I was feeling good and my flexibility was back, the improvements from Yoga stopped there. Although yoga helped me regain my flexibility, I needed to add strength and I most certainly needed to get faster. I needed something more to build back my “athletic” base.

Yoga is great for your health and for improving circulation, flexibility and breath control. However, it does not have all of the benefits I need to be an active adult athlete or even live a high active life style. I know from my education that elements such as building bone density, muscular strength and even cardio pulmonary improvement are needed to live a long, healthy and active life. For that we need to adopt a training form that stresses our muscles and bones and even our heart and lungs. Weight training is where those improvements can be found. Muscles need to move in order to gain dynamic strength (equal strength in a large range of motion), and bones need either a direct shock or stress such as running and jumping or weight resistance to become more dense. The weight training helps fill the gaps that yoga leaves in a training program. As an active or inactive mom, bone density should be a major concern to you and your health. So, when choosing a training life style, think of a healthy diet. It's not good to eat just one thing; our bodies need many different foods to be healthy. Each day we need fiber from plants, protein from either plant or animal sources and we need vitamins from fruits and vegetables to carry out key functions in keeping the body running. Our training should be the same. Have a little yoga for flexibility, a little weight training for building strong bones and muscles and walk or run to keep your heart and lungs healthy. Remember to keep things changing, it keeps the body healthy and the mind fresh and engaged in your training.

Bringing Health and Fitness to the whole Family!
Jason

About the Author:

Jason Roberson holds a Masters Degree in Physical Education/Exercise Science. He is also a Certified Strength and Conditioning Coach working at a Division I University as a Head Strength and Conditioning Coach. He brings an extensive athletic and personal training background. Jason is immersed in the Health and Fitness world on a daily basis and is consistently taking continuing education to stay updated on the most current information in the field.