

EXERCISE FOR LEGS

Today's set of exercises will be focused on strengthening lower part of body i.e Legs and Back
We should always start with warm up exercises in which whole body should be stretched.

Exercise Sequence:

Tadasana: In this pose stretch your body from head to toe by continuously inhaling while going upside and exhaling while coming down.

It is very important to stop with inhaled air for few seconds for best results.

At the end of this Asana, we should rotate out feet clockwise and anticlockwise to relax the muscles before proceeding for second pose.

Utkatasana (Chair pose): In this pose you can go for half chair pose in the beginning and with practice you can advance upto full chair pose. Don't forget to inhale and exhale during this pose. During this pose you have to bend yourself with hands in 90 degree position. Stop here for 30 seconds and come back while exhaling

This pose gives us stability

Vrksasana (Tree Pose): In this pose stand in Tadasana. Inhale and lift your chest as per your capacity. Then stick your left foot on right leg as above as possible. Stay in this pose for 30 seconds to 60 seconds.

Repeat with right foot in same way. Do at-least 5 -7 sets

This pose is very useful in making balance and concentration.

Hanumanasana (Monkey pose / Splits): In this pose stretch your legs as per your capacity. With practice you will be able to perform full stretch within 2 – 3 months.

Viparita Karani (Legs up the wall): In this pose, sit on the floor and roll back on floor with legs up against the wall. This will relax your muscles and relieve body from and stretches. Stay in this pose for atleast 10 minutes. Blood flows in our brain improving cognitive functions and improvement in nervous system.

THUMBRULE:

We should inhale and exhale continuously so that chances of fatigue or pain in muscles are minimum. we should never try to push hard because this can harm our body organs instead of benefits.

To get maximum benefits from yoga, diet part is equally important.

In our diet, below mentioned minerals should be there for maintaining bone health.

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1. Calcium: Calcium is essential to maintain bone health. Main sources of calcium are dairy products, fortified foods, meat products, vegetables and fruits.
2. Boron: This mineral is needed in very small quantity. Main sources are nuts, seeds, leafy green vegetables, fruits and fruit / vegetable juices
3. Copper: Copper is very important as it helps to carry out many functions i.e generating energy, blood vessels and connective tissue formation. Main sources of copper are nuts, wheat bran cereals, meat and chocolates
4. Iron: Iron is very important as iron is cofactor for the enzymes which are involved in synthesis of collagen. Main sources of iron are dark green leafy vegetables and meat products.

NOTE: CALCIUM AND IRON SUPPLEMENT SHOULD NOT BE TAKEN TOGETHER AS CALCIUM INHIBITS IRON ABSORPTION.

5. Magnesium: Magnesium is required for maintaining nerve and muscle functioning, regulating blood pressure and making protein. Main sources of magnesium are milk, nuts, yoghurt, seeds, whole grains and fortified cereals
6. Potassium: Potassium is required for almost every function in our body related to heart, kidney and muscles.. Main sources of potassium are fruits, vegetables, dairy products, soy products and cereals
7. Zinc is very essential mineral as it helps immune system to fight off bacterial and viral infections. Zinc is also required for formation of proteins and DNA, the genetic material, to regulate smell and taste senses. Main sources of zinc are beans, eggs, dairy products, sea food and whole grains

BESIDES DIET AND MINERALS, SUNLIGHT PLAYS VERY IMPORTANT ROLE IN STRENGTHENING OF BONES. IF SUNLIGHT IS NOT ASSESSIBLE, VITAMIN D SUPPLEMENTS CAN BE TAKEN.