BODY SCULPTING

**Body Sculpting** involves a combination of shaping the body for a balanced and symmetrical appearance, and defining the muscles to obtain a slim, athletic physique. Body sculpting requires dedication to a combination of clean diet, cardiovascular exercise and strength training in order to achieve success. Strength training is the key to shaping the body and building muscle, and cardiovascular exercise combined with a proper diet are necessary to shed fat for muscular definition.

**Cardio Exercise** burns calories, which is necessary for losing body fat. You should add cardio to your daily routine, alternating between high and moderate intensity efforts on different days. Finding a type of cardio that you like will help you stay consistent, since you should exercise 30 to 50 minutes per day at least five days per week. Step aerobics, kickboxing, dance and Zumba classes are types of cardio that will effectively burn calories.

**Strength Training** is the key to building muscles for both shaping the body and creating the defined look once body fat is reduced. You should lift a minimum of three to four times per week, working on different muscle groups each time.

**Interval Training** is a type of discontinuous physical training that involves a series of low to high intensity exercise workouts interspersed with rest or relief periods. The high intensity periods are typically at or close to anaerobic exercise, while the recovery periods may involve either complete rest or activity of lower intensity.

YOGA

**Overview**
There are many different kinds of yoga. The yoga that Westerners are most familiar with is called Hatha Yoga and is involved with the practice of certain exercises or “asanas” designed to help keep you healthy and physically fit. The term Hatha Yoga may be translated from Sanskrit as follows: the syllable “ha” represents the sun or positive force; the syllable “tha” represents the moon or negative force. “Yoga” means to yoke or to join. Therefore, Hatha Yoga is a joining of the positive and negative forces within us to bring about balance and harmony.

Yoga differs from physical calisthenics in that, besides freeing the body from inflexibility and constriction of muscles and joints, it also works on the glands, nerves and organic structures of the body affecting internal health, as well as physical fitness. Unlike calisthenics, yoga is performed slowly and with concentration. Repetition of postures is not necessary. Concentration is very important, however. Part of the process of yoga is the training of the mind to control the body.

Most important, yoga is noncompetitive. We are all different, all in varying stages of physical fitness and the aim of yoga is to improve your own condition, not to compete with other members of the class. Be gentle, but be firm with yourself and you will notice a gradual but positive improvement in the flexibility and control of your body. The health-related fitness components stressed in this unit include flexibility and muscular strength and endurance.
Preface for Sequence of Asanas
Asanas are postures held and performed slowly and meditatively combined with deep abdominal breathing. The real work of the asana is done while you hold the position. Always release your body from an asana with as much grace and control as you used to come into it.

Safety Factors
1. All asanas must be done gently. Never strain your body.
2. Asanas should be done on an empty stomach and should not be done immediately after smoking.
3. Never risk injury by forcing your body into a position or straining to go further than you are able.
4. You should keep your body under control at all times and not allow it to become fatigued.
5. Flow with the feeling in your mind and your body as it changes.
6. Reset after each asana.
7. Practice in the same place each time.
8. Use a mat or a cushioned area.
9. Practice at the same time each day.

Basic Skills – Yoga Breathing
1. Two purposes of breathing
   a. Breathing brings oxygen to the brain.
   b. Breathing controls prana. Prana is the life force or vital energy.
2. The three basic types of breathing:
   a. clavicular = shallow breathing
   b. intercostal = middle breathing
   c. abdominal = deep breathing
3. The three parts of breathing are:
   a. inhalation
   b. retention
   c. exhalation

► Proper breathing is essential in all yoga exercises. It steadies the emotions and creates great clarity of mind.