

Health & Wellness Tip of the Week

Week 4 January 23, 2017

January is all about **Physical Fitness**

It is the perfect time to remind everyone about the importance of staying fit and active.



To Yoga or Not to Yoga, That is the Question

For so long we've heard about the benefits of yoga and have shrugged them off, thinking that you can't get a good, effective workout laying on a mat putting your body into pretzel-like positions.

Well, we have to admit that we've been way wrong about yoga. After trying your first yoga class, you will be extremely surprised at the benefits. You will find that you are able to sleep better and are able to "calm" your mind and breathing. Yoga may also trigger you to work on your nutrition as well.

So if you have not yet taken the yoga plunge, you should definitely consider it. You will be amazed with the results.

Sources: Hope Health

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