

Wisdom Art: Mind, Body Spirit



Let's Stay Flexible

Exercise is a crucial part of healthy aging, but high-intensity cardio or strength training can also put strain on the body. According to stress expert Dr. Kathleen Hall, regular exercise reduces the risk of health challenges by a third and the cuts the risk of chronic disease by 40 percent. Yoga can be an excellent low-impact exercise options that's easier on the body than activities like running or weight-lifting.

Warrior 2 Pose works your quadriceps muscles, which make up the front of your thighs. But Warrior II is not just about strength: It can also correct a common misalignment that can lead to many knee problems.

- Begin in Mountain Pose, standing with your feet hip-distance apart and your arms at your sides.
- Exhale as you step your feet wide apart, about 4 to 5 feet. ...
- Turn your right foot out 90 degrees, so your toes are pointing to the top of the mat.
- Pivot your left foot slightly inwards. Lift through the arches of your feet, while rooting down through your ankles.
- Raise your arms to the side to shoulder height, so they're parallel to the floor.

"If it doesn't
challenge you it
doesn't change you."

