

PRACTICE YOG REGULARLY

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A practitioner, who is aware of all the exercises and practices them, reaps the benefits of good health. Usually people exercise two to three days regularly and do not follow it regularly afterwards. They have a notion that practicing in this manner is also effective. Following are the tips for exercise:

- 1) 20-25 minutes of exercise daily is enough to maintain good health. Take out time for exercise whenever you are free. Morning time is ideal for exercises.
- 2) The energy level in the man's body keeps varying, due to which his mental moods change. Avoid exercise during emotional disturbance.
- 3) Regular practice of exercise sometimes results to tiredness. Sometimes a person may feel weak to continuing the same routine the next day. Avoid forceful exercise. Sleep adequately. Exercising during tiredness is meaningless. Exercise only when the body is ready and healthy.
- 4) A man needs healthy and balanced diet. Because a body cannot function properly without nutritional diet. Take adequate amount of fruits, vegetables, and carbohydrate rich food if you are exercising daily. This keeps the energy level balanced. Proteins are essential for functioning of the muscles.
- 5) Sometimes people suffer from joint pains and body aches due to exercises. Avoid exercise in this condition, light exercise and walking is recommended. The person has to take proper care during exercise and keep the body stiff. Avoid exercise if suffering from body pains, restlessness, tiredness or loss of appetite.
- 6) Avoid exercising at the same place everyday. Exercise in open air, lawn or with light music. Wear loose and comfortable clothes for exercise.
- 7) Be positive. You should always feel that exercise enhances beauty. You should feel that your body is getting toned. This positive thinking will help in motivating and reduces tiredness.
- 8) In this busy life it is not possible to exercise daily. If you miss one or two days in between there is nothing to worry. Do it with happiness whenever possible.
- 9) Exercise is not a magic wand, which will bring results over night. It takes approximately two to three weeks. Include exercise in your daily routine for positive result.
- 10) 30-45 minutes of exercise a week gives positive result.

Take milk and cereals for rich proteins.