

YOGA POSES AND TIPS

FOR A FLAT BELLY



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Adding inches around the waist and tummy is perhaps the most common source of dissatisfaction with one's appearance after 30. Everybody wants a flat tummy, but nature is always conspiring to make us unshapely.

How to achieve it? An integrated approach consists of yoga + stretching exercises + well thought eating plan + a desire for more physical activities. All together this is the most effective formula to achieve well-toned abdomen. You have to be regular in your workout schedule, be aware of the calories in meals plan. Also you must develop the discipline of self denial of some very inviting foods to achieve the desired effect.

YOGA that burns tummy fat:

Here are a set of yogasanas, which when combined with an ideal eating plan and healthy lifestyle can assure you of the flat belly that you always dreamt of. Holding onto the posture tightens and contracts your upper and lower abs while repeating the movement tones them up.



Methods:

1.Dhanurasana

Lie on your abdomen with hands aside. Bend your knees and place the feet near buttocks. Hold your right ankle with right hand and left ankle with left hand. Raise your knees from the floor by pulling the ankles and lift your upper body till the navel portion. Heel and knee will remain together. The body will look like a bow. Hold and count and then rest your body by releasing your hands and legs. Relax and feel the changes in your body and mind.



2.Bhujangasana

Lie down on your abdomen with chin touching the ground. Both your toes should be kept together and they should be turned outwards. Rest your two hands in front of your head and palms should touch the ground. Now stretch your hands backward without bending elbow. Lift your upper body and your hands will remain straight. Bend your head backward and count in this position. Then return back to normal position by lowering down your upper body and relax.



3.Naukasana

Lie flat on the floor with your arms by your side. With exhalation you lift both of your legs straight in the air and at the same time lift your upper body from the ground with your arms stretched out towards your legs. Hold the posture until you feel your muscles getting tired and slowly place your body back onto the floor. Increase the length of



holding the yoga posture with each time you practice.

4. Ardha halasana

Lie down straight on back. Hands under hip. Legs joined. Raise both your legs at 90 degree. Then come down but legs should not touch the ground. Again raise the legs at 90 degree. Do this as suggested. After completing rest your legs on ground. Follow notes for counting details.



5. Ushtrasana

First sit down in kneel down position. Then bend backwards slowly with the head going back and hold both the ankles with the hands tightly. At the same time, push forward your back. Your thumb of both hands should be inside of the ankle adjacent to each other while the other fingers should be outside. The feet should remain touched with the ground. Breathe normally and count as suggested. After that take rest in shabasan in supination. Follow notes for counting details.



6. Ardha matsyendrasana

Sit down with legs straight. Fold the right leg and place it on the left thigh and touch the right foot with the ground. Fold the left leg and touch it with the right side of hip. Left hand will go above the right knee to hold the left knee. Right hand will go back. Head and neck will move toward right. Normal breathing. Hold the position and count. Do the same with left leg and take rest in shavasana.



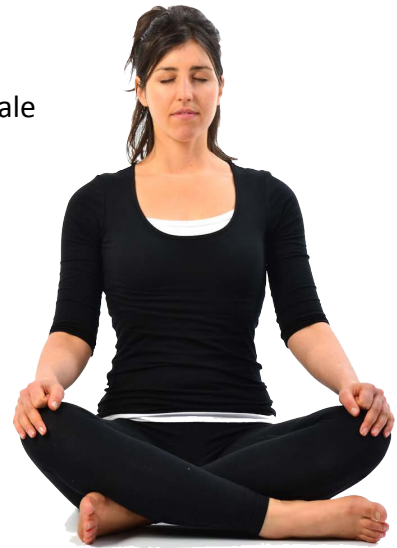
7. Upper body twist (movement)

Stand straight. Now raise your both arms sidewise parallel to shoulder. Bend your upper body toward right side along with your arms till the level you can and then come back in straight position. Again bend toward your left side and then come back in straight position. Do as suggested. Counting will be right 1 and left 2. Follow notes for counting details.



8. Batakram Kapalbhati in sukhasana

Sit in sukhasana. Keep your hands on your knees. Inhale and exhale through nose quickly. While exhaling lower abdomen should contract. Do this as suggested. Then take rest. Follow notes for counting details.



Important tips that are key to losing belly fat:

1. Reduce your calorie consumption

Yoga along with diet control helps to reduce the belly and belly fat. You need to decide how much weight you want to lose. Depending upon your height and weight first calculate the BMI and then find out the ideal weight. Losing weight and getting rid of belly fat takes some work, and you really need to set a goal to keep an eye on your progress. With the help of your dietician plan a low calorie, low fat, high fiber, vegetarian diet.

2. Eat Right

Eat more whole grains instead of refined carbohydrates. Take more fruits and vegetables.



3. Avoid fatty foods

Foods rich in saturated fat i.e. full cream milk and dairy products, cheese, butter, ice cream, fried food, molasses, sugar, honey, sweets, glucose, jam, dry fruits, chocolates, candies, potato, red meat, chicken with skin, coconut oil, palm oil, pickles, spicy chutneys, vinegar, chilly, pepper, salt, carbonated water

4. Eat good fats. Studies suggest that a diet with a higher ratio of monounsaturated fats (MUFAs) — such as, nuts, seeds, and soybeans— can prevent the accumulation of belly fat.

5. Drink lot of fluid

It is always very important to keep yourself well hydrated with lot of water, fresh fruit and vegetable juices, soups etc., when you are trying to lose belly fat in a healthier way.

6. Physical activity

Take the stairs instead of the elevator. Walk instead of driving. Stand up and walk for 30 steps every 30 minutes. If you have a sedentary job, consider getting a treadmill desk.