



# Shape of Yoga

NUTRITION & PHYSICAL ACTIVITY  
BOOKLET FOR FAMILIES



## Be a Champion for Change!

Champions for Change are people just like you. They want the best for their families. So they do what they can to make healthy changes. Changes that help lower their risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

Champions for Change are people who make sure their families eat more healthy foods and do some type of physical activity everyday. This booklet can help you and your family make these healthy changes so that you can be a Champion for Change too!





## Welcome to Shape of Yoga

Yoga is a fun way to get your daily physical activity.

Yoga is a great way to build up your strength and flexibility.

Shape of Yoga is a fun way for you to be active and learn about healthy food choices.

Shape of Yoga is an easy way for you to teach others how to do basic yoga.



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# Introduction to Yoga

## WHAT IS YOGA?

Yoga is a practice that unites the mind, body and spirit. The movements are called poses. Each pose has a different health benefit and purpose. Doing poses helps develop your strength and flexibility.

Yoga is not a religion. If you do yoga, it doesn't mean that you are practicing another religion.

## DO I HAVE TO BE FLEXIBLE TO DO YOGA?

No, anybody can do yoga! In fact, doing yoga helps you to be more flexible. Every pose can be changed to meet your ability level.

## WHAT DO I NEED TO BEGIN?

Yoga can be done anywhere and, you don't need special equipment. Remember to wear loose clothes that are easy to move in and are comfortable. It helps to have a towel, blanket, or mat to place on the ground, but you don't need them. If you pick a quiet area or play soft music while doing yoga, it may help you relax.



## WHAT ARE SOME OF THE BENEFITS OF YOGA?

Yoga is a great way to make you stronger and more flexible. It can help with your balance and helps lower your risk of getting hurt while doing chores. Many yoga poses help strengthen your core, which are the stomach and back muscles. Yoga can help with health conditions, such as pain or depression. Yoga can also help lower stress and anxiety levels and help improve self-confidence. Yoga is also a fun way to do your daily physical activity.

## How to Use this Booklet

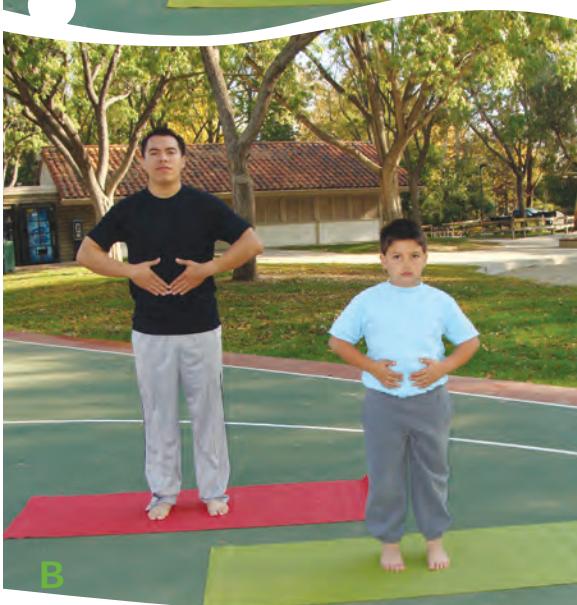
- This booklet has 13 basic yoga poses.
- Each pose has a nutrition tip for you to share with your family.
- The book is written in both English and Spanish.
- To learn the poses, use the written directions along with the pictures (Note: each numbered sentence has a letter that matches with a picture).
- Try to do the 13 poses in the order they are given. Do them with your family as part of your daily physical activity.

## Safety Tips

- Talk to your doctor before starting any exercise program.
- Warm up for 5 minutes before you start yoga (for example, walk in place or around your home).
- Do not force yourself into a yoga pose.
- The longer you hold each pose, the harder it is. Start by holding each pose for 2 breaths. Then slowly increase the number of breaths as you feel yourself improve in balance and strength.
- **Do NOT** hold your breath at any time.
- Protect your back by keeping it straight. Make sure your knees are slightly bent when you bend forward from a standing position.
- Stop if you feel any pain or discomfort.

## Nutrition and Physical Activity Tips

- Physical activity is good for you and so is eating healthy foods like fruits and vegetables.
- Fruits and vegetables have vitamins, minerals, and fiber that help make your body healthy. Add physical activity to your routine to make your body healthy and strong.
- Remember to include fruits and vegetables with your meals and snacks.
- Eat a variety of fruits and vegetables to get more benefits for your body.
- Balance the amount of food you eat with how active you are. What you eat and drink are calories (energy) into your body. The physical activity you do is energy (calories) used by your body.
- Adults should do 30 minutes of moderate physical activity five days per week. Adults should also do muscle strengthening activities two days per week. Moderate level activities include walking, riding a bike on a level surface and washing the car. Break up your physical activity routine into short 10 minute breaks.
- Children up to age 17 need 60 minutes of physical activity everyday.
- When you are doing any moderate level activity, your heart will beat faster and you will breath faster than when you are resting. Moderate activities are walking under five miles per hour or riding a bike less than 10 miles per hour.



## Mountain Pose

- 1 Stand tall (A).
- 2 Keep your feet slightly apart (A).
- 3 Place your hands on your tummy to feel it move in and out when you breathe (B).
- 4 Hold for 2 breaths (B).
- 5 Return to the start position (A).

### KEY HEALTH BENEFITS

- Helps you relax and practice breathing deeply

### NUTRITION TIP!

Make it easy to choose fruits and vegetables as snacks! Keep fresh cut-up vegetables such as carrots and celery sticks in a clear container with some water in your refrigerator.



## Warrior 1

- 1 Start in Mountain Pose with feet pointing forward (A).
- 2 Turn your left foot 90 degrees to the left (B).
- 3 Turn your right foot in the same direction and rotate your hips to the left. Your feet should be wide apart in a comfortable position (B).
- 4 Keeping your right leg straight, bend your left knee about 90 degrees, lean forward while raising your hands up overhead touching your hands together (C).
- 5 Hold for 2 breaths and return to the start position (A).
- 6 Switch sides and repeat.

### KEY HEALTH BENEFITS

- Stretches your chest, shoulders, and core muscles
- Strengthens your shoulders, back, and thighs
- Improves balance and concentration

### NUTRITION TIP!

Eating a variety of fruits and vegetables helps your body get the nutrition it needs.



## Standing Forward Bend

- 1 Stand tall with your feet slightly apart (A).
- 2 Breathe in, raising your arms out to your sides (A).
- 3 Hold for two breaths (A).
- 4 Breathe in again as you look up and reach for the sky (B).
- 5 Breathe out, sweep your arms back down to shoulder level, and bend at the waist toward your knees (C).
- 6 Return to the start position (A).

### KEY HEALTH BENEFITS

- Strengthens your lower back
- Builds core body strength
- Increases flexibility in your lower back and the back of your legs

### NUTRITION TIP!

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Try fruit for snacks. It can give you energy during the day.

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## Warrior 2

- 1 Start in Mountain pose with your feet wide apart and pointing forward (A).
- 2 Turn your right foot out to the side (B).
- 3 Breathe in and raise your arms out to your sides (B).
- 4 As you breathe out, look over your right hand and bend your right knee to lower yourself into a “lunge” (C).
- 5 Hold this position for two breaths (C).
- 6 Straighten your knees and return to the starting position (A).
- 7 Switch sides and repeat.

### KEY HEALTH BENEFITS

- Strengthens your legs, and opens up your hips and chest
- Helps with concentration and balance

### NUTRITION TIP!

Make half your plate fruits and vegetables.



## Chair

- 1 Start in Mountain Pose (A).
- 2 Feet are hip width apart and weight is balanced between the balls of your feet and heels (A).
- 3 Sit your hips back resting your body weight on your heels, chest lifted, and tailbone pointing back (B).
- 4 Bring your thighs almost parallel to the floor while keeping your back straight (B).
- 5 Your arms can be at the center of your chest or reaching overhead in-line with your ears (C).
- 6 Breath in as you come back to the start position (A).

### KEY HEALTH BENEFITS

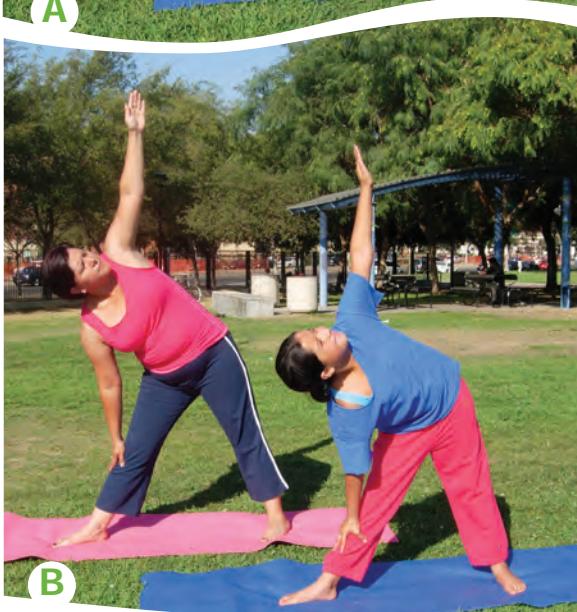
- Strengthens the muscles surrounding your ankles, thighs, calves, and back
- Stretches your shoulders and chest when reaching overhead

### NUTRITION TIP!

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Add leftover vegetables to casseroles or blend them to make soup.

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## Triangle

- 1 Stand with feet wide apart pointing forward.
- 2 Turn your right foot out to the side (A).
- 3 Breathe in and raise your arms out to the sides to shoulder height (A).
- 4 Breathe out and bend down to your right side like a pitcher ready to tip over (B).
- 5 Reach for the ankle of your right foot with the right hand. The left hand will reach to the sky (B).
- 6 Hold for two breaths.
- 7 Breathe in as you come back to the start position (A).
- 8 Switch sides and repeat.

### KEY HEALTH BENEFITS

- Uses every part of your body
- Strengthens your core
- Opens your hips and shoulders
- Stretches your legs

### NUTRITION TIP!

Exercise, cook, and eat your meals as a family. It's a great way to spend quality time together.



## Windmill

- 1 In mountain pose, stand with your feet shoulder-width apart and pointing forward (A).
- 2 Slowly bend forward at your waist, place your left hand on the floor (use a can or other household item if you can't reach the floor), lift your right arm up, and look toward the sky (B).
- 3 Lift your tailbone to the sky and press down into the floor through your feet (B).
- 4 Lift your kneecaps up by tightening the thigh muscles (B).
- 5 Keep your back and legs straight, but don't lock your knees (B).
- 6 Hold for two breaths and slowly return to the start position (A).
- 7 Repeat on the other side.

### KEY HEALTH BENEFITS

- Strengthens and stretches your legs
- Tones your abdominal muscles

### NUTRITION TIP!

Try adding fresh cucumber or citrus slices to your water for a refresh!



## Tree

- 1 Start in mountain pose, tall and strong (A).
- 2 When balanced, breath in and raise your arms to your sides at shoulder height (A).
- 3 Lift your right leg and place that foot on the inner part of your left leg (B).
- 4 Raise your arms up above your head and hold for two full breaths (C).
- 5 Breathe out and return to the start position (A).
- 6 Switch sides and repeat.

### KEY HEALTH BENEFITS

- Improves balance and coordination
- Strengthens your upper and lower legs

### NUTRITION TIP!

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Enjoy your food, but eat less.

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## Cat/Cow

- 1 Start on your hands and knees (A).
- 2 Breath in and push your back toward the ground by pressing your tummy towards the ground and look up. Hold for two breaths (A).
- 3 Breath out, round your back up and droop your head looking toward your belly button. Hold for two breaths (B).
- 4 Breathe in and return to the start position (A).

### KEY HEALTH BENEFITS

- Stretches and strengthens your back and core
- Lengthens the muscles in your back
- Builds core body strength

### NUTRITION TIP!

Rethink your drink! Drink water instead of sugary drinks.



## Child's Pose

- 1 Start on your hands and knees with a straight back and take a deep breath in (A).
- 2 Breathe out while you sit back on your heels, rest your forehead on the floor with your arms extended out in front of you (B).
- 3 Take two breaths.
- 4 Breathe in as you come up to your hands and knees (A).

### KEY HEALTH BENEFITS

- Helps you relax
- Stretches your lower back

### NUTRITION TIP!

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Fruit is nature's fast food. Grab some fruit as a healthy snack on the go.

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## Downward Facing Dog

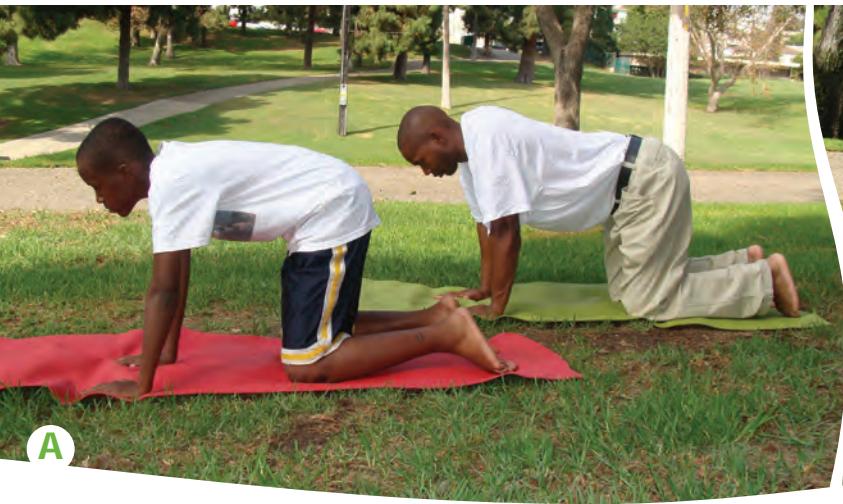
- 1 Start on your hands and knees and take a deep breath in (A).
- 2 Breathe out and lift your tailbone into the air (B).
- 3 Straighten your knees and try to press your heels down towards the floor (C).
- 4 Allow your head to drop so that your neck lines up with your spine (C).
- 5 Hold for two breaths (C).
- 6 Return to the start position (A).

### KEY HEALTH BENEFITS

- Deeply stretches your back and opens your chest
- Builds upper body strength
- Improves concentration and relaxes your body

### NUTRITION TIP!

Eating a variety of fruits and vegetables helps your body get the nutrition it needs. Choose colorful fruits and vegetables and eat a rainbow of colors every day!



## Plank

- 1 Start on your hands and knees with your hands about shoulder-width apart (A).
- 2 Putting your weight on your hands and feet, lift your knees up. Form a straight line with your spine from head to your tail bone (B).
- 3 Hold for two breaths (B).
- 4 Return to the start position (A).

### KEY HEALTH BENEFITS

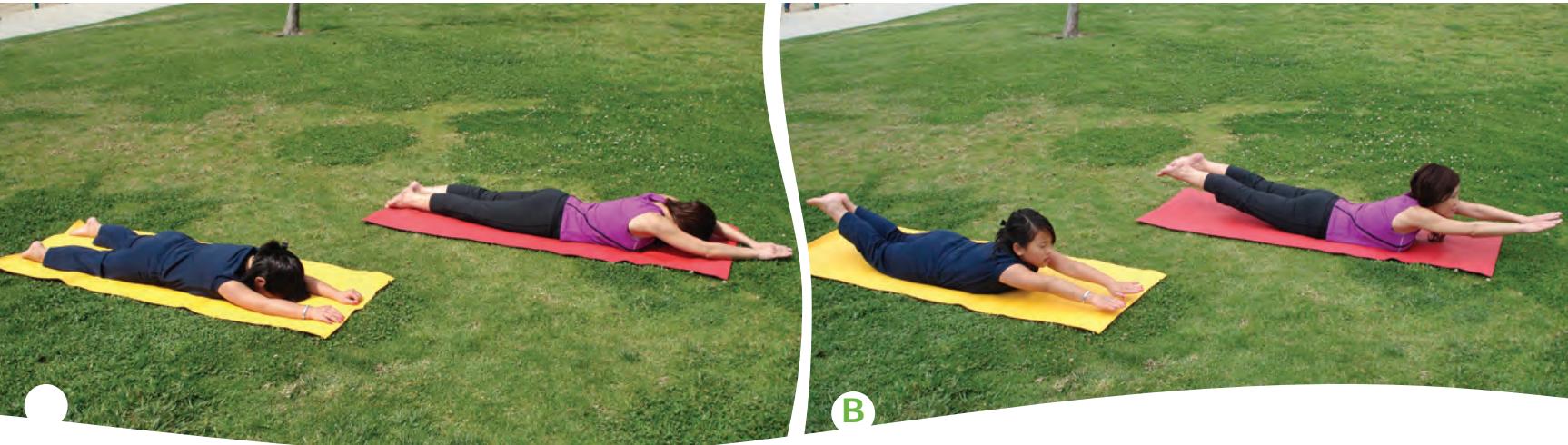
- Builds upper and core body strength

### NUTRITION TIP!

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Make at least half your grains whole grains.

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## Locust

- 1 Lie flat on your stomach (A).
- 2 Extend your arms in front of your head (A).
- 3 Slightly lift your head and look forward. Raise your chest, arms and legs off the ground into the air (B).
- 4 Hold for two breaths.
- 5 Breathe out as you bring your body down close to the ground (A).

### KEY HEALTH BENEFITS

- Strengthens the muscles of your back, buttocks, and backs of arms and legs
- Stretches your spine, chest, shoulders, and thighs

### NUTRITION TIP!

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Try a new fruit or vegetable today!

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*Now repeat each pose working backwards through the booklet, finishing with Mountain Pose.*

## Acknowledgements

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