



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 fruits and vegetables and get physical activity every day. 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 get active and learn about healthy food choices.

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



Table of Contents

Introduction to Yoga	1	Triangle.....	9
How to Use this Booklet	2	Windmill.....	10
Safety Tips	2	Tree	11
Nutrition and Physical Activity Tips.....	3	Cat/Cow.....	12
YOGA POSES		Child's Pose	13
Mountain Pose	4	Downward Facing Dog	14
Warrior 1	5	Plank	15
Standing Forward Fold	6	Locust.....	16
Warrior 2	7	Acknowledgements	17
Chair	8		

Introduction to Yoga

WHAT IS YOGA?

Yoga is a practice that connects the mind, body, and breath through movement. The movements are called poses. Each pose has a different health benefit and purpose.

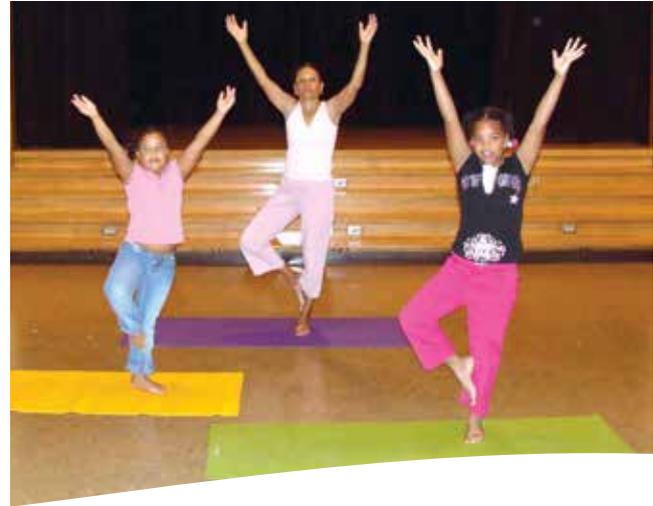
Yoga is not a religion. If you do yoga, it doesn't mean that you are practicing another religion.

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 may lower your risk of getting hurt while doing chores. Many yoga poses help strengthen your core, which are the stomach and back muscles. Yoga may help with health conditions, such as cancer, pain, or depression. Yoga may also help lower stress and anxiety levels and help improve confidence. Yoga is also a fun way to get your daily physical activity.

How to Use this Booklet

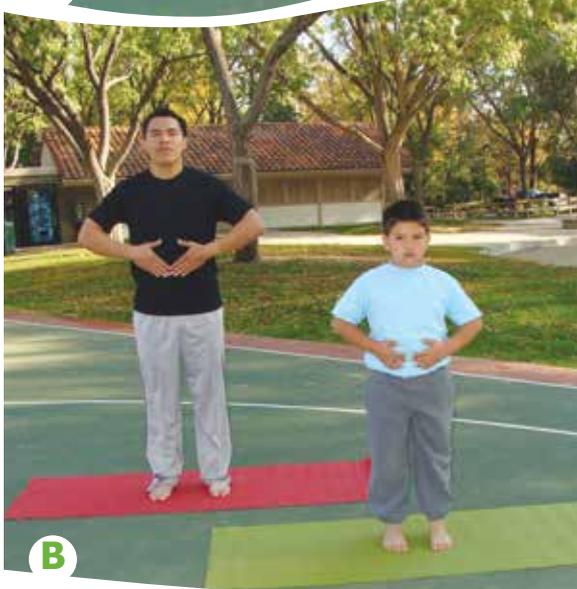
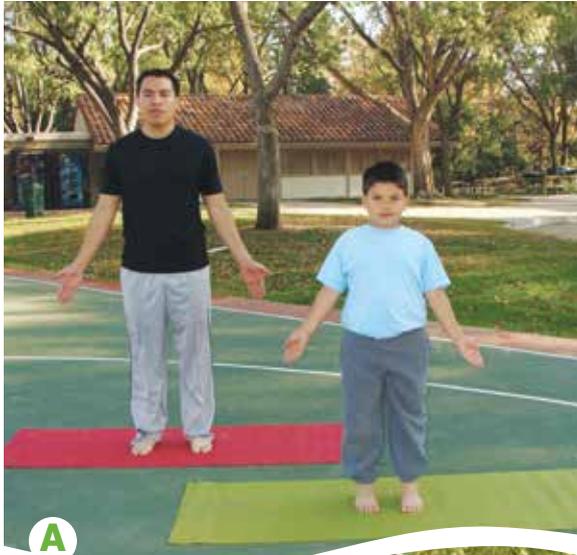
- This booklet has 13 basic yoga poses.
- Each pose has a nutrition tip for you to share with your family.
- The book is written in both English and Spanish.
- To learn the poses, use the written directions along with the pictures (Note: each numbered sentence has a letter that matches with a picture).
- 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

- 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.
- Talk to your doctor before starting any exercise program.

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 is energy (calories) in and the physical activity you do is energy (calories) out. People who are more active burn more calories than people who are not active.
- Adults should do 30 minutes of moderate physical activity 5 days per week. Adults should also do muscle strengthening activities 2 days per week. Break up your physical activity routine to short 10 minute breaks.
- Children and teens need 60 minutes per day of physical activity.
- Moderate intensity aerobic physical activity means you are breathing harder and your heart is beating faster, such as when you dance or walk fast.



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 (A).
- 2 Step back with your right leg, bend your left knee, making sure it does not go over your toes, and keep your hips facing forward (B).
- 3 Slightly shift your right foot to the right, lining up the heel of the left foot with the heel of the right foot (B).
- 4 Raise your arms overhead and in line with your ears (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.

**A****B****C**

Standing Forward Fold

- 1 Stand tall with your feet slightly apart (A).
- 2 Breathe in, raising your arms out to your sides (A).
- 3 Hold for 2 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!

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



Warrior 2

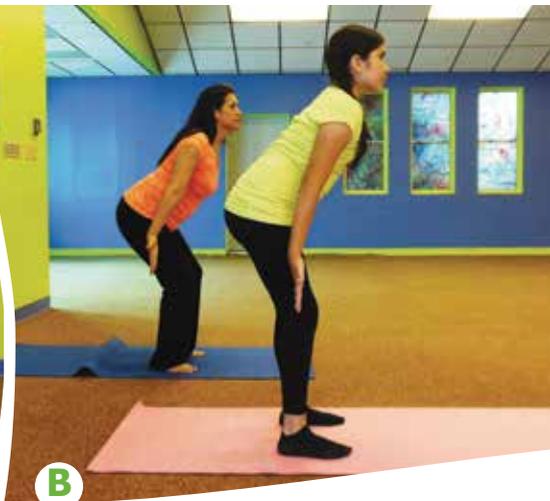
- 1 Stand with your feet wide apart (A).
- 2 Turn your right foot out to the side (B).
- 3 Breathe in and raise your arms out to your sides (B).
- 4 As you breathe out, look over your right hand and bend your right knee to lower yourself into a “lunge” (C).
- 5 Hold this position for 2 breaths (C).
- 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!

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



Triangle

- 1 Stand with your feet wide apart (A).
- 2 Turn your right foot out to the side (A).
- 3 Breathe in and bring your arms out to your sides (A).
- 4 Breathe out and bend down to your right side like a pitcher ready to tip over (B).
- 5 Place your right hand towards your right shin while your left hand reaches up (B).
- 6 Hold for 2 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 Stand with your feet wide apart (A).
- 2 Slowly bend 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 straight ahead or up (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 2 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 refreshing taste.



Tree

- 1 Stand tall and strong (A).
- 2 When your legs are deeply rooted and balanced, breathe in and raise your arms out to your sides (A).
- 3 Lift your right leg and place that foot on the inner part of your left leg (B).
- 4 Raise your arms and hold for 2 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!

Enjoy your food, but eat less.



Cat/Cow

- 1 Start on your hands and knees (A).
- 2 Breathe in and arch your back by pressing your tummy towards the floor and look up (A).
- 3 Breathe out, round your back, drop your head and look for your bellybutton (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 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 2 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!

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



Downward Facing Dog

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

KEY HEALTH BENEFITS

- Builds upper and core body strength

NUTRITION TIP!

Make at least half your grains whole grains.



Locust

- 1 Lie flat on your stomach (A).
- 2 Extend your arms in front of your head (A).
- 3 Breathe in; slightly lift your head, chest, arms, and legs off the ground into the air (B).
- 4 Hold for 2 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!

Try a new fruit or vegetable today!

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

Acknowledgements

This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

The USDA prohibits discrimination in all of its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, political beliefs, genetic information, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.)

Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write: USDA, Office of Adjudication, 1400 Independence Ave., SW, Washington, DC 20250-9410 or call (866) 632-9992 (Toll-free Customer Service), (800) 877-8339 (Local or Federal relay), (866) 377-8642 (Relay voice users). USDA is an equal opportunity provider and employer.



California State University
Northridge