

Yoga Poses

Teens Should Know

Yoga has tons of benefits. It can improve flexibility, strength, balance, and stamina. In addition to the physical benefits, many people who practice yoga say that it reduces anxiety and stress and improves mental clarity.



1. Warrior I :Develops coordination and balance. Builds mental stability and strength of character. Strengthens lower body and develops flexibility of hips and ankles. Place the feet 12 inches apart, as if the front and back foot are on railroad tracks.



2. Downward Facing Dog: Provides internal time (head and face are down) with no comparison to others. Relieves the spine. Develops flexibility and strength in legs and shoulders. Aim to get the apex of the pose (below the navel) high. Hands should be completely spread and feet should be placed body-length away from hands.



3. Locust:Generates willfulness. Invites self-appreciation. Massages heart and abdominal organs. Strengthens back. If the front hip bones are uncomfortable from the pressure into the floor, place a blanket for cushioning under this region.



4. Upward Facing Dog :Brightens attitude, cultivates self-expression, and encourages self-effort. Opens the spine. Placing hands on blocks makes it easier to straighten legs and keep knees off the floor. Lift out of the shoulders, without sagging, and pull the upper chest forward of the arms.



5. Supported Child's Pose:Generates a sense of security, ease, and self-acceptance. Allows for release in tension in hips, back, neck and shoulders. It's better to keep the rear end close to the heels in this pose, with chest on equal level as hips. Use folded blankets or cushions between the knees, but sit on the heels



6. Supported Relaxed Backbend: Cultivates contentment. Provides relief to the heart and digestive organs. Study the picture first and pay attention to the set up to get the proper placement of the blankets and supports.

Weekly Activity Log

Monday	Tuesday	Wednesday	Thursday	Friday
Aerobic:	Aerobic:	Aerobic:	Aerobic:	Aerobic:
<input type="checkbox"/> Jump rope	<input type="checkbox"/> Jump rope	<input type="checkbox"/> Jump rope	<input type="checkbox"/> Jump rope	<input type="checkbox"/> Jump rope
<input type="checkbox"/> Ball Sports	<input type="checkbox"/> Ball Sports	<input type="checkbox"/> Ball Sports	<input type="checkbox"/> Ball Sports	<input type="checkbox"/> Ball Sports
<input type="checkbox"/> Fast walk	<input type="checkbox"/> Fast walk	<input type="checkbox"/> Fast walk	<input type="checkbox"/> Fast walk	<input type="checkbox"/> Fast walk
<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Jumping jacks
<input type="checkbox"/> DDR	<input type="checkbox"/> DDR	<input type="checkbox"/> DDR	<input type="checkbox"/> DDR	<input type="checkbox"/> DDR
<input type="checkbox"/> Swimming	<input type="checkbox"/> Swimming	<input type="checkbox"/> Swimming	<input type="checkbox"/> Swimming	<input type="checkbox"/> Swimming
<input type="checkbox"/> Bike	<input type="checkbox"/> Bike	<input type="checkbox"/> Bike	<input type="checkbox"/> Bike	<input type="checkbox"/> Bike
<input type="checkbox"/> Play outside	<input type="checkbox"/> Play outside	<input type="checkbox"/> Play outside	<input type="checkbox"/> Play outside	<input type="checkbox"/> Play outside
<input type="checkbox"/> Exercise Video	<input type="checkbox"/> Exercise Video	<input type="checkbox"/> Exercise Video	<input type="checkbox"/> Exercise Video	<input type="checkbox"/> Exercise Video
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Strength:	Strength:	Strength:	Strength:	Strength:
<input type="checkbox"/> Push-ups	<input type="checkbox"/> Push-ups	<input type="checkbox"/> Push-ups	<input type="checkbox"/> Push-ups	<input type="checkbox"/> Push-ups
<input type="checkbox"/> Crunches	<input type="checkbox"/> Crunches	<input type="checkbox"/> Crunches	<input type="checkbox"/> Crunches	<input type="checkbox"/> Crunches
<input type="checkbox"/> squats/ stairs	<input type="checkbox"/> squats/ stairs	<input type="checkbox"/> squats/ stairs	<input type="checkbox"/> squats/ stairs	<input type="checkbox"/> squats/ stairs
<input type="checkbox"/> Weights	<input type="checkbox"/> Weights	<input type="checkbox"/> Weights	<input type="checkbox"/> Weights	<input type="checkbox"/> Weights
<input type="checkbox"/> Stability	<input type="checkbox"/> Stability	<input type="checkbox"/> Stability	<input type="checkbox"/> Stability	<input type="checkbox"/> Stability
<input type="checkbox"/> Ball	<input type="checkbox"/> Ball	<input type="checkbox"/> Ball	<input type="checkbox"/> Ball	<input type="checkbox"/> Ball
<input type="checkbox"/> Thera-band	<input type="checkbox"/> Thera-band	<input type="checkbox"/> Thera-band	<input type="checkbox"/> Thera-band	<input type="checkbox"/> Thera-band
__Stretch	__Stretch	__Stretch	__Stretch	__Stretch
<input type="checkbox"/> QUICK-FIT	<input type="checkbox"/> QUICK-FIT	<input type="checkbox"/> QUICK-FIT	<input type="checkbox"/> QUICK-FIT	<input type="checkbox"/> QUICK-FIT

The Weekend

Stay active during the weekend with fun activities like Walking at the mall with some friends, going bowling or mini-golfing, heading to the pool or taking a yoga class. Keeping active on the weekends is just as important being active during the week. Your brain may get two days off, but your body is still on the clock!

