

# FIT FOR FIFTY

## Yoga - How to begin



I came across the Yoga exercises here in an old library book and I've been using them since the early 1990's. I don't approach Yoga with the meditation aspect in mind but at times I do feel a bit more stress-free after a session, approximately 10-15 minutes. I tend to use them simply to keep loose and supple, although they do seem to help in toning muscle.

The best way to begin is to find a quiet space free from distraction and with good ventilation in order to get some fresh air into your system. The next thing is to take your time with the movements and not to be put off if they feel awkward. Remember to breath as steadily and controlled as possible. **This is important:** DO NOT strain yourself. Be patient and give your body time to get used to the movements and stretches. Move slowly and gently.

I use the [AM Routine](#) first thing in the morning, very often as soon as I get out of bed. I know this can seem a bit daunting, especially if you have had a late night beforehand but the exercises will make you feel better and more awake.

I perform the [PM Routine](#) in the early evening to stop myself feeling tired after work. Although this set of exercises will help you to relax, they will also invigorate you, so don't do them just before you want to sleep.

I use the [Before/After](#) Sport Routines usually before and after swimming, long cross-country walks and the occasional field game. They certainly help me to avoid muscle strain and cramps the following day, especially if I take part in something I haven't done in a while. As a tip these routines can be done in conjunction with the [5BX](#) [/XBX](#) routines, especially when first starting. I use the both forms of exercise on alternate days.

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