HEALTHY NEWS

5 Simple Yoga Exercises to Reduce Belly Fat

By bestfolkmedicine · 25/09/2020 · 2 min read

For a lot of people, shedding belly fat is a common weight loss goal; not just because it looks bad, but also because it's harmful.

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According to research, it's linked with diseases like heart illness and type 2 diabetes.

This is why it's helpful to know how to lose it for good and better our overall health and well-being.

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For those who exercise regularly, it's good to implement these certain yoga poses as they can be of aid for reducing the annoying and harmful belly fat.

Below, check them out in detail.

5 Simple Yoga Poses to Lower Belly Fat

Seated Forward Fold

Sit down with the legs straightened out and place the hands above in namaskar position. Bend the body slowly and try to touch your feet with the hands.

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Gradually bend the head downwards and relax the face on the legs. Do 3 reps.

This exercise stimulates your liver, kidneys, alleviates headaches, boost the digestion, and lowers risk of insomnia.

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Hand to Big Toe

Lay on your back with the legs out. Fold the knees and lift your right leg and bring it closer. Grab the right toe of your leg with the right hand and lift the leg and hand in the air.

Move the leg and hand down and repeat on the opposite side 3 times. Tis pose stimulates the prostate gland, stretches your hips and groins, and helps boost the health of the heart.

Bridge Pose

Lie on the ground on the back with the legs bent and move the body up from the lower back while balancing on the upper body and feet.

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Bring the hands straight under and hold the hands in that pose and stretch for several seconds.

This exercise helps you stretch your neck, spine, and chest, lower anxiousness, tiredness, and insomnia, and lower blood pressure.

Cobra Pose

Lie on the floor with the face down and the arms sideways to the chest.

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Begin to slowly raise the body with the palms resting on the floor. Stay for several breaths in the pose and go back to the primary pose.

This exercise helps reduce tiredness and stress and it may also be of aid for asthmatic individuals.

Child's Pose

Kneel down and sit on the inner side of the leg. Keep the hands up front and lean forward. Rest your head on the floor and stay here for a couple of breaths.

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This is a great way to relax the neck and shoulders, stretch the hips, thighs, and ankles and alleviate headaches by improving the blood flow to the head.

Sources:

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