

U.S. Public Health Service Commissioned Corps

Junior Officer Advisory Group

"Protecting, promoting, and advancing the health and safety of the public"



MARCH
2017

GET FIT – STAY FIT Yoga

Health Benefits^{1,2}:

- Reduces lower back pain
- Improves quality of life
- Reduces stress
- Lowers heart rate and blood pressure
- Relieves anxiety, depression, and insomnia
- Improves strength and flexibility
- Decreases weight
- Reduces pain
- Improves fibromyalgia symptoms
- Improves diabetes management
- Improves overall physical fitness

Check Yelp.com or
Google.com to find
a Yoga class near
you!



To Learn More:

➤ [History of Yoga](#)

➤ [International Day of Yoga](#)

➤ [Yoga for Kids](#)

➤ [Yoga Online](#)

To view upcoming PHS Athletics events, visit: <https://dcp.psc.gov/osg/phsa/>

To view the Get Fit Stay Fit website, visit: https://dcp.psc.gov/osg/JOAG/resources_getstayfit.aspx

To view sources, visit the following:

1. <https://medlineplus.gov/ency/patientinstructions/000876.htm>

2. <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/yoga/art-20044733/>