

The Mind-Body Connection: Its Impacts on Obesity

Shaweta Shay Vasudeva*

The Health Sciences Academy, Aerobics and Fitness Association of America, USA

***Corresponding author:** Shaweta Shay Vasudeva, The Health Sciences Academy, Aerobics and Fitness Association of America, 1628E Southern Avenue, Suite 9, PMB-234 Tempe, AZ-85282, USA, Tel: 480-523-9642; E-mail: Shaythecoach@gmail.com

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Abstract

This workshop is a hands-on, interactive experience supporting the research of Malkina-Pykh, I.G. (2012) and the works of authors Kelly, Michael, McCarthy, Patrick, and Milne, Hugh. Their works cover associations between the mind-body connection and the importance of integrating a holistic approach to reach optimal levels of fitness, thereby, impacting levels of obesity in individuals. Focus is placed on a health based movement practice within the scope of the client's abilities. The workshop will cover breathing techniques, beginning and simple movement, and the promotion of a positive and nonjudgmental support system. The methods will be taken from personal experience of the author.

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community went so far as acknowledging the emotional role in the health of the physical body as Congress mandated the National Institute of Health to open the Office of Complementary and Alternative Medicine, which highlighted mind-body practices and research. So, to reiterate, I bring up the work of Dr. John Sarno to emphasize his Mind-Body practices in the bigger picture of what is happening and results that are being achieved through empowering patients/clients through these approaches. In regards to obesity, let this author continue to discuss specific mind-body techniques on how to start connecting the two: the mind and the body.

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The mind-body techniques discussed in this paper come from a combination of martial arts and karate practices, scholarly and significant research conducted by professionals and a personal case study from this author's personal experience of nearly 12 years of instructing martial arts to elementary school and college-aged

He further discusses the impairing effects on the human body due to poor diet, among other detrimental human habits that people pick up in their life journeys. He states restoring balance of the body

through kata (quan) allows for oxygen circulation, balancing production of hormones, and regulating the neural system.

Terms

Mind

- Promotes emotional stability:
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Obesity: T e

