

Study: Yoga may guard against heart disease

By BBC

Doing yoga may be a good way to protect against heart disease, particularly if you cannot do more vigorous exercise, research suggests.

A review in the Netherlands of 37 studies involving nearly 3,000 people found yoga was independently linked to a lowering of heart risk factors such as high blood pressure and cholesterol.

Yoga does not count toward the recommended physical activity that we should all do each week.

Experts say it may still be beneficial.

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.

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