

YOGA VS GYM

Find out which one works better for you

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Confused what to choose — yoga or gym? Each has its own benefits and we cannot really say one is better than the other. Fitness and lifestyle professional, Nawaz Modi Singhania, says, "Different schools of yoga yield different fitness and health benefits. On the fitness front, by and large, with yoga one can expect increased flexibility, toning, strengthening to a certain degree, meditation and breathing exercises."

YOGA

GYM

- You need equipment for gymming and also you cannot do it at home.
- Not everyone can afford a gym at home. Your gym could be far from home and you might end up using precious time reaching there.
- There are times when one tends to bunk gym sessions because of distance, weather, etc.
- After a gym work out one may feel tired and having to deal with sore body parts.
- A gym session may increase your hunger and lead to overeating.
- Gym sessions act more or less on the outer appearance and tone the muscles.
- A gym workout mostly has only physical benefits and rarely offers mental stimulation.

THE KILLER COMBO
Nawaz says, "For ideal results it is best to combine three to four days of cardio with two to three days of yoga, each week. The two can complement each other nicely. Space out your workout days. Keep one day a week for resting. Watch your diet and lifestyle to derive the best results."

Yoga trainer, Yogesh Chavhan says, "A gym session can make you feel tired and hungry while yoga revitalises you and helps in digestion." Nawaz states that while yoga has its distinct pluses, barring the odd exceptions (e.g. power yoga), yoga does not provide the cardiovascular benefits, which are so vitally important to all human beings. She adds, "Fat loss and weight loss is not achieved through yoga, this is derived through cardio activities. Cardio activities could include aerobics, walking, jogging, cycling, rope skipping, dancing and swimming."

- With yoga one can expect increased flexibility, toning and strengthening.
- You don't need any equipment, just some space around yourself to practice the various asanas. You save the travel time needed to go to a gym.
- You don't feel the urge to bunk yoga sessions because of the convenience it offers.
- After a yoga session one feels energetic and fresh. It helps to get rid of fatigue.
- Yoga does not increase hunger.