

## **Vyāyāma (Exercise)**

- Regular exercise is helpful in maintaining proper body strength.
- One should exercise as per one's body strength. However, as the stamina improves, duration of exercise may be increased accordingly.
- Exercise should not be done when one is hungry and just after food.
- Exercise increases digestive strength and efficiency of the body, imparts lightness to the body and maintains body shape & stability.
- Comparatively light exercise should be done during summer season.
- Regular practice of Āsana mentioned in Yoga is also beneficial for promoting physical and mental health.