

## **Meditation and Fitness**

Meditation is often thought of as an activity best suited to people involved in yoga, tai chi and other forms of thoughtful movement - not as a benefit for an athlete or workout enthusiast. But studies have shown time and again that there are several benefits to the wider community. They include:

**Better Heart Health.** Meditation can dramatically lower your risk of heart attack or stroke.

**More Efficient Immune System.** Meditation can improve the electrical activity in your brain and this may have a supportive effect on your immune system.

**Improved Sleep Pattern.** Taking time to relax thoroughly during the day can help you get a better night's sleep.

**Improved Blood Pressure.** Meditation can help lower blood pressure to a safer level.

**Better Results in Your Workout.** When we visualize ourselves doing our sport or workout with great form and "see" ourselves succeeding, we tend to get better results from our actual workouts.

**It's a Great Stress Buster.** When we practise mindfulness, focus on breathing

and empty our minds of stressors and irritations, we wake up our parasympathetic nervous system. This system helps us to become calm, relaxed and focussed, allowing us to deal better with stress as it comes along.

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