

Yoga Poses

To Help

Teenagers Lose Weight



Sun salutation
or
Surya namaskar

Warrior pose
or
Virabhadrasana



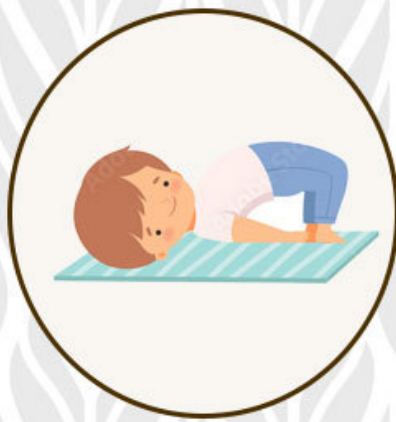
Bow pose
or
Dhanurasana

Angle pose
or
Konasana



Chair pose
or
Utkatasana

Bridge pose
or
Setu Bandha
Sarvangasana



Cobra pose
or
Bhujangasana

Yoga can be effective for relieving stress and reducing weight gain. However, do consult an expert for the most effective yoga therapy for your child.

References

1. Yoga for Weight Loss; Art of Living
2. Kids under chronic stress more likely to become obese; Cornell University

Mom Junction

Source: https://www.momjunction.com/articles/teen-weight-loss-pills-side-effects-precautions_00788740/