

# FORGING THE FUTURE:



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## Friday FACTS

27 February 2004

"Leadership, Partnership, and Championship"

### Yoga: Moving and breathing your way to relaxation

Your kids are demanding the latest video game, your boss wants that report done yesterday and your spouse wants to know what's for dinner. Stress is everywhere. If it's getting the best of you, you might want to make like a downward-facing dog or a cobra and take some time for yourself through yoga. The series of postures — sometimes named for animals like the dog, fish and cobra — and breathing exercises have become a popular way to de-stress.



Though the practice of yoga has been around for thousands of years in India, its popularity in the United States has grown steadily over the last 100 years or so. Today yoga classes teaching the art of breathing, meditation and posing are offered nearly everywhere from trendy health clubs in big cities to community education classes in small towns.

If you're interested in knowing what makes yoga so popular, get to know the various styles and activities involved. Understanding more about yoga will help you decide whether it's right for you.

Yoga, overall, is considered safe if you're generally healthy. Some yoga positions can put significant strain on your lower back and on your joints. See your doctor first if you have any joint problems or a history of low back or neck pain. You might want to avoid certain yoga positions depending on your condition.

Also see your doctor before you begin a yoga class if you have any of the following conditions, as complications can arise:

- High blood pressure
- A risk of blood clots
- Eye conditions, including glaucoma
- Osteoporosis
- A history of psychotic disorders

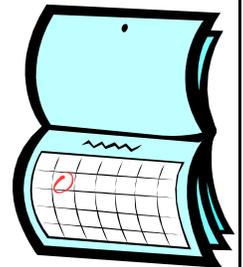
If you're pregnant or nursing, yoga is considered generally safe. But avoid any poses that put pressure on your uterus, such as those that require you to twist at the waist. Some yoga classes are specifically tailored for pregnant women.

Source: <http://www.mayoclinic.com/invoke.cfm?id=CM00004&si=2424>



HIV Infection Rates Among Active Duty Sailors and Marines. During 2003, 100 active duty Sailors and Marines tested positive for HIV. Seroconversion rates per 100,000 members tested were 9 for Marines and 29 for Sailors. These data are virtually unchanged from 2002. All newly positive members were male. A graphic of these data may be viewed at <http://www-nehc.med.navy.mil/downloads/hp/news604.pdf> For comparison with prior years' data, see [http://www-nehc.med.navy.mil/downloads/hp/hivtable\\_1990-2001\\_DoD\\_wchart.pdf](http://www-nehc.med.navy.mil/downloads/hp/hivtable_1990-2001_DoD_wchart.pdf)

### Save Your Vision Month March 2004



Mark Your Calendar for the month-long observance of Save

Your Vision Month, now in its 77<sup>th</sup> year. The American Optometric Association reminds Americans of the importance of regular, comprehensive eye exams with a month's worth of vision-saving tips displayed on a calendar. For more information visit: <http://www.aoanet.org/eweb/DynamicPage.aspx?site=AOAstage&WebCode=EventsSYVM>



*"When life's problems seem overwhelming, look around and see what other people are coping with. You may consider yourself fortunate."*

— Ann Landers