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## Unique approach to yoga suits athletes

**Champaign, IL**— While athletes know greater flexibility aids performance, few embrace yoga's perceived traditions and lifestyle. A unique blend of fitness and yoga called YogaFit combines balance, strength, flexibility, and power into a fitness format that is user-friendly and understandable—and is particularly effective for athletes who need to round out their strength routines. Taught in health clubs around the world, YogaFit is outlined for athletes in an upcoming second edition of *Beth Shaw's YogaFit* (Human Kinetics), to be released in January.

Through YogaFit, athletes can still reap the benefits of yoga without changing their lifestyle. "While traditional yoga has much to offer, it isn't necessary to speak Sanskrit, chant, or even become vegetarian to enjoy the multidimensional benefits of this ancient practice," says author Beth Shaw. "You don't have to change your life to receive the rewards."

Those rewards include improvements in health, performance, and mental acuity. Athletes practicing YogaFit can reduce the risk of injury through a greater mind-body connection, according to Shaw. Additionally, better breathing patterns learned through YogaFit create a more effective metabolic exchange during all physical activities. "YogaFit also offsets the unevenness of other exercise programs by offering a complete and balanced mind-body workout for all muscle groups and increasing endurance, willpower, and discipline by working not only your body, but also your mind," Shaw explains.

The new edition of *Beth Shaw's YogaFit* includes in-depth instruction, illustrated poses, and focused workouts for specific sports. Shaw also provides new information on warming up and cooling down, building core strength and stability, healthful eating, and integrating YogaFit principles into daily life.

For more information on *Beth Shaw's YogaFit* or other fitness books, visit [www.HumanKinetics.com](http://www.HumanKinetics.com) or call 1-800-747-4457.

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