

Yikes! Yoga and purported "Sculpting"

Could someone PLEASE explain the physiological mechanisms of adaptation and/or the proven science behind these Yoga maneuvers that supposedly "Sculpt a Sexy Stomach?" It is neither a time-efficient calorie burner nor an effective muscle-overloading activity for building strength and mass.

http://www.self.com/fitness/workouts/2010/06/yoga-for-abs-workout-slideshow?mbid=synd_yshine#slide=1

This is what yoga offers:

1. An exceptional means of relieving stress. Yoga Nidra for meditation is a viable option.
2. Some benefit for addressing joint flexibility issues.
3. A relatively low-effort activity for those who want to claim they "work out."

Let's look under the hood at the main issues:

1. The Stomach is an internal organ, part of the digestive system. I have never seen one surgically-exposed (let alone a sexy one) other than in photos. The only way to truly determine what level of "sexiness" the stomach organ has would be to consult a surgeon who specializes in gastric bypass procedures. They have seen them up close and personal, but I doubt that many find one a turn-on.

2. HOW MANY TIMES DO WE NEED TO ADDRESS THIS: ONE CANNOT SPOT-REDUCE ABDOMINAL FAT BY DOING A LONG LIST OF ABDOMINAL MUSCLE-TARGETING EXERCISES!!!!!!!!!!!! WAKE UP, PEOPLE! TO GET A "FLAT STOMACH," ONE NEEDS TO:

A) EAT PROPERLY.

B) GET OFF THEIR YOGA MAT AND PERFORM GREATER CALORIE-BURNING EXERCISE, WHICH YOGA IS NOT (that fact is well-documented...look it up).

If you want to spend time doing yoga to relieve stress, fine, but you are wasting time with it if you believe it is a path to a "sexy stomach."

3. For an older man, I have well-developed ABDOMINAL muscles, obtained by routinely performing a MINIMAL number of direct abdominal strength training exercises along with several other exercises for the entire body. I do not have a significantly "flat stomach" because I have some subcutaneous abdominal FAT covering my abs.

4. If my goal were flatness and sexiness in my abdominal area, what would be the best option?

-- Not yoga.

-- Addressing my diet (the BIGGEST factor) and engaging in more frequent, higher-calorie-demand exercise.

Often-times the truth hurts, and many "influencers" mislead the well-intended trainees seeking the truth.