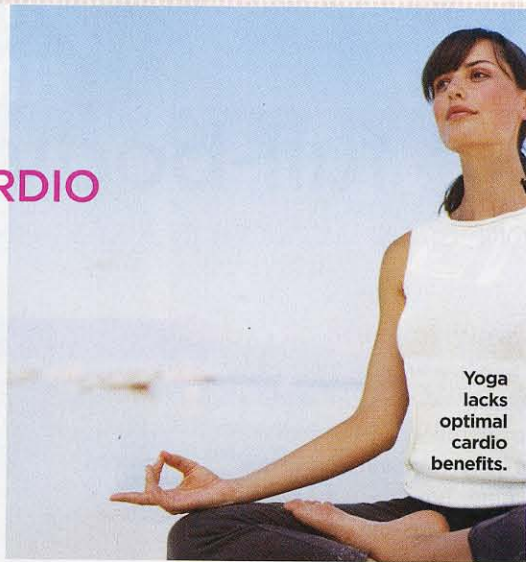


# HATHA YOGA GREAT FOR STRENGTH, NOT CARDIO

▶ While hatha yoga can improve overall strength and flexibility, don't count on it for optimal aerobic conditioning. Fitness experts at Texas State University-San Marcos measured hatha yoga's effect on the heart rate of 26 women (19–40 years old) during a 30-minute class of sun salutations. To condition the cardiovascular system, **“people should exercise at 65–90 percent of heart rate maximum [HRmax],”** says study co-author Lisa Lloyd, Ph.D. However, the average yoga HRmax was only 57 percent, compared with 72 percent for moderate walking (3.5 mph); that's not enough to improve aerobic fitness. —CAROL POTERA



## dvd of the month

**TRY** *Kathy Smith's Project: You!* (Beachbody, 2005; \$60; [kathysmith.com](http://kathysmith.com)), a 12-week total-body “remodeling” program that includes one Pilates, one yoga, two cardio, two strength and one combo strength/cardio workout. Plus, you'll get a nutrition guide and journal, a three-month motivational calendar illustrating the plan, an instruction book and an audio CD containing two 30-minute walking programs. The fail-safe setup removes all the guesswork from your workout and is appropriate for every fitness level. —LL

