## If you're serious about being healthy, get in front of a computer  

Marketing companies are constantly inventing new and expensive fads to help us exercise, lose weight and get healthy. But if we're really going to get results, it's probably just best to do more and more of the things we already enjoy. Frankly there aren't any shortcuts to good health and fitness, the only real way to be healthy is through a good diet and good exercise.  To get results, we need to commit to a regular schedule, ideally we should be doing something every day if possible. But whatever our personal circumstances, I don't think there's a single one of us that doesn't find that difficult with so many demands on our time. Of all the choices of exercise available, yoga is perhaps the most versatile, allowing us to exercise almost anywhere, without the need for any special equipment - we don't really even need a mat. This means that we can exercise anytime morning to night, wherever we feel comfortable, at home, at work or in our hotel room when we travel. For most of us, the limitation of yoga, is also one of its most important aspects. To practice properly, we have to know the postures, and the correct sequence to do them. But now we can all get our own private professional yoga instruction.

Ancient practices, modern technology

The latest technology now allows us to follow video based yoga instruction, without having to buy the videos or DVDs. Instead we can access a full library of videos online at the click of a mouse. Our high-speed computers can stream the videos over the internet to our homes or wherever else we want to practice.

Convenience and quality - all the better for us

Having access to a range of different yoga routines and instructors gives us the benefits of going to class, without the hassle or its limitations.

### About the Author

VowToBeFit.com is passionate about helping brides lose weight for their wedding day with out proven wedding weight loss and diet program.

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