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YOGGA

& **HEALTHY HABITS AND
AND LONGEVITY**



KAIUT YOGA

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WE NEED TO TALK ABOUT GROWING OLD

Among the numerous desires that every human being carries into adulthood, growing old with quality is perhaps one of the most challenging or neglected and shrouded in challenges. Some may even shy away from reflections on the subject, but we need to talk about it. Don't just think about the chronological factor, because it really doesn't matter whether you are 25, 30, 40, 50, or 80-odd years old. What will make a difference in your life and, of course, in the quality of your old age, is the functionality of your body, your muscle strength, your cognitive capacity, and the availability that you will have to fully enjoy everything that life brings you in all phases.

Many see old age as a limited phase, but they are tremendously wrong. Growing old is part of our evolutionary process. On this journey, we carry personal and genetic histories that can manifest themselves in illnesses, injuries, accidents, and countless physical issues. But this need not become our reality. We can actively build health and set long-term goals to live longer and as fully as possible.

What I see most often, however, is that people don't always succeed in adopting this approach of a long-term commitment to self-care. To me, the failure of this personal commitment is because many lack education about the value of building health. Furthermore, they assume that fitness activities or getting in shape are what generates health, which is not true—this leads them to be negligent with their body and health. An example of how fitness activities compromise our overall well-being is the insane quest to exceed physical limits that results in the accumulation of injuries and pain over a lifetime. Fitness activities also typically involve specialization—training in a limited range of movements. Specialization, however, leads to the disruption of the correct and natural aging process.

Living many years does not have to represent an accumulation of diseases or pains, but a rich process of maturation of the body. This will only happen if you take care of yourself, and you can do this by building healthy habits. Those who master the art of aging without unnecessary losses establish habits that are guided by balance, self-responsibility, and self-care. And to be clear, prioritizing health improves quality of life far beyond the physical, but also the mental and emotional.

There are good and inspiring examples of people aging with quality. There are even some places around the world where people live longer, healthier, and without medication. In 2004, writer Dan Buettner joined researchers from the National Geographic Society to study five regions in the world with enviable longevity indicators, such as longer life expectancy compared to other places, high physical disposition, and quality of life.

These regions are called Blue Zones. In Loma Linda, California, USA, the inhabitants live on average 10 years longer than anywhere else in North America. In Nicoya Peninsula, Costa Rica, researchers found that citizens had a lower mortality rate among middle-aged adults. On the European continent, meanwhile, in Sardinia, Italy, they found the highest concentration of men over the age of 100. While in Ikaria, Greece, the indicator is the lowest rate of dementia in the world. And finally, in Asia, specifically Okinawa, Japan, women over 70 become the oldest people in the world.



What the populations of each of the five regions have in common are lifestyle, contact with nature, good eating habits, positivism, social interaction, and the practice of physical activity, which together make them longevous people. For me, the factor that makes all the difference in these regions is the way they live and their habits that prioritize health.

Certainly, there was no common agreement among all the residents, but the change occurred naturally. Creating a habit should not be an imposition of life, it should be a pleasure. When I talk about habit, I am not referring to the fact that once in a while you do a physical activity or eat properly.

Habit refers to a continuous, regular behavior that becomes part of a person's routine. It is like brushing your teeth; you certainly don't think to do it when you wake up or at other times of the day. You simply go to the bathroom and brush. It is an activity already registered in the brain, so action is naturally triggered when the brain identifies it is time

for oral hygiene such as when your teeth feel dirty or there is a bad taste in the mouth or you are getting ready for bed.

You need to know that it is not necessary to move to one of the blue zones to live longer and better, and depending on the way you lead your life, living in one of those cities will not impact your health at all. However, if you start creating good habits you will have excellent results. Remember that the same energy you direct toward a bad habit you can use for a good one.

Do you know why I advocate the adoption of a new and healthy lifestyle? Because we are living longer. According to United Nations (UN) surveys, the life expectancy of the world population in 2019 was 72.8 years, and by 2050 this number is expected to reach 77.2 years. If we are living longer, we need to have more quality of life, health, and physical disposition. So we need to talk about old age.

"[...] FEELING OLD IS NOT ABOUT CHRONOLOGICAL AGE, IT IS ABOUT FEELING GOOD WITHIN THE ONLY ASSET THAT WE WILL HAVE FOR ALL OUR LIVES AND THAT WE CANNOT EXCHANGE, OUR OWN BODY AND MIND..."

What is your aging plan? It is common for us to have retirement plans and life plans, but rarely do we think about creating an aging plan. How do we want to live the last years of our lives? Feeling old is not about chronological age, it is about feeling good within the only asset that we will have for all our lives and that we cannot exchange, our own body and mind.

I propose a quick reflection: considering the way you are today, how do you think you will be at the age of 60, 70, 80, or 90? It is distressing to think about the limitations that may exist, isn't it? There is no magic formula for longevity, but a few habits in your self-care routine will make a lot of difference in the future.

My tip is for you to reorganize your life model for a healthy future. That's where yoga comes in to help in this process. All my work with the Kaiut Yoga Method is based on the classics of yoga literature that have shown us, for thousands of years, the possibility of aging without unnecessary losses. We talk, for example, about genetics. Today it is very common for me to hear from my students that their knees are giving some kind of problem because their parents had knee issues. Well, few of them know that much more relevant than our genetics and epigenetics - the area of science that explains how environmental experiences impact people's genes, causing changes.



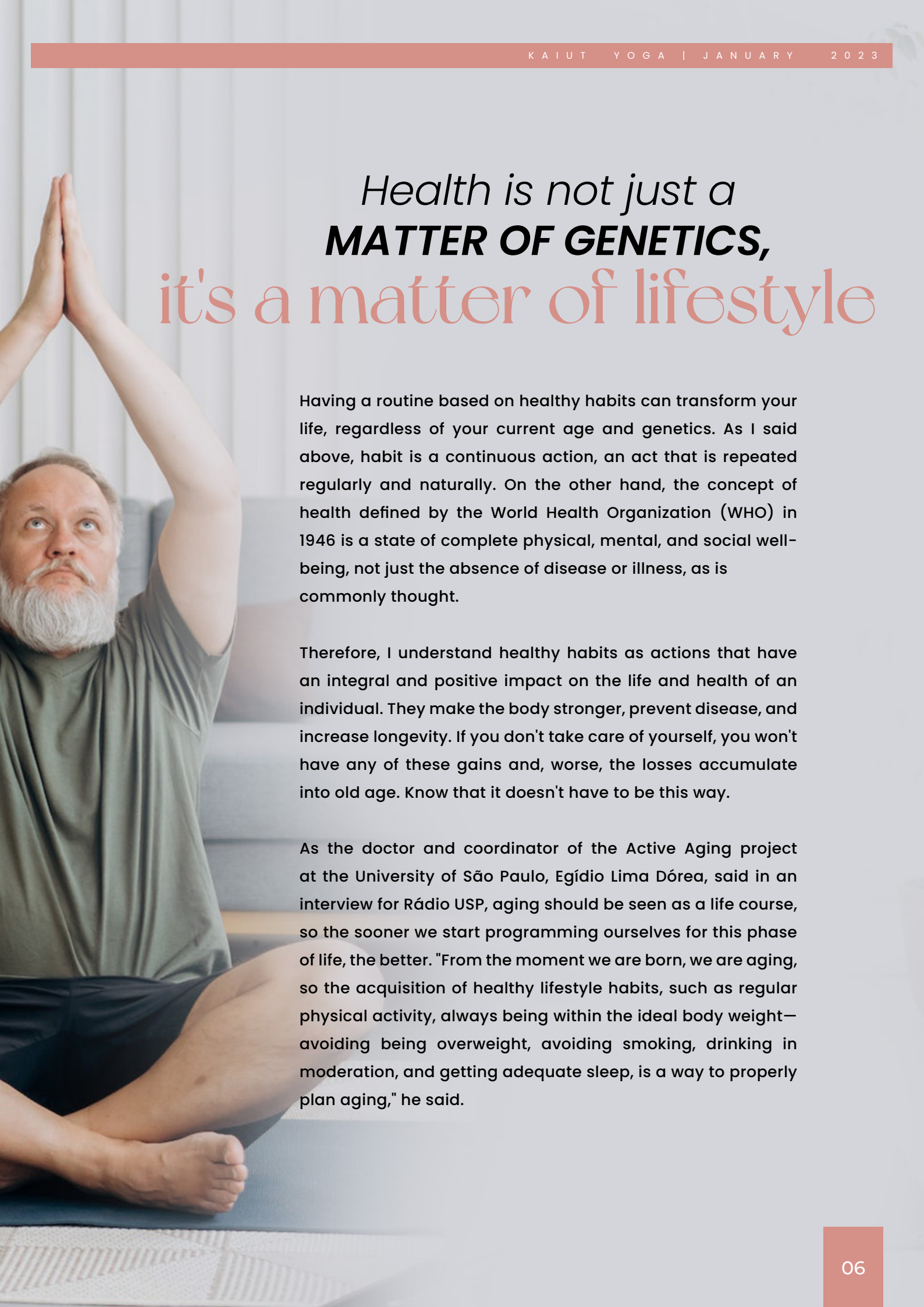
It's not about what our parents were like, it's about the habits they had that we are replicating in various places, from emotions to lifestyle. Since your parents had A or B issues, this is all the more reason for you to work on these areas as a priority to reduce the chances of the genetic reminiscence expressing itself. Having a gene does not mean that it needs to express itself.

The choice to practice yoga is similar to the decision to invest money to fulfill a dream. In this case, it is an investment in your health, because yoga is a self-care resource that will help you reach the age of 80 with a better body, more mobility, and a better quality of life. Making the practice a habit is the way, but many people find it difficult to make this change. They are unaware of how powerful a good habit can be, and how it can reach the most varied aspects of life.

Thinking about this, I decided to dedicate this e-book to share some studies I found about healthy habits, their benefits, how to create them to design a new future, and mainly, the relationship of yoga in this process. After all, you need to take charge of your life and your health; consider self-care a long-term investment.

Happy reading!





Health is not just a
MATTER OF GENETICS,
it's a matter of lifestyle

Having a routine based on healthy habits can transform your life, regardless of your current age and genetics. As I said above, habit is a continuous action, an act that is repeated regularly and naturally. On the other hand, the concept of health defined by the World Health Organization (WHO) in 1946 is a state of complete physical, mental, and social well-being, not just the absence of disease or illness, as is commonly thought.

Therefore, I understand healthy habits as actions that have an integral and positive impact on the life and health of an individual. They make the body stronger, prevent disease, and increase longevity. If you don't take care of yourself, you won't have any of these gains and, worse, the losses accumulate into old age. Know that it doesn't have to be this way.

As the doctor and coordinator of the Active Aging project at the University of São Paulo, Egídio Lima Dórea, said in an interview for Rádio USP, aging should be seen as a life course, so the sooner we start programming ourselves for this phase of life, the better. "From the moment we are born, we are aging, so the acquisition of healthy lifestyle habits, such as regular physical activity, always being within the ideal body weight—avoiding being overweight, avoiding smoking, drinking in moderation, and getting adequate sleep, is a way to properly plan aging," he said.

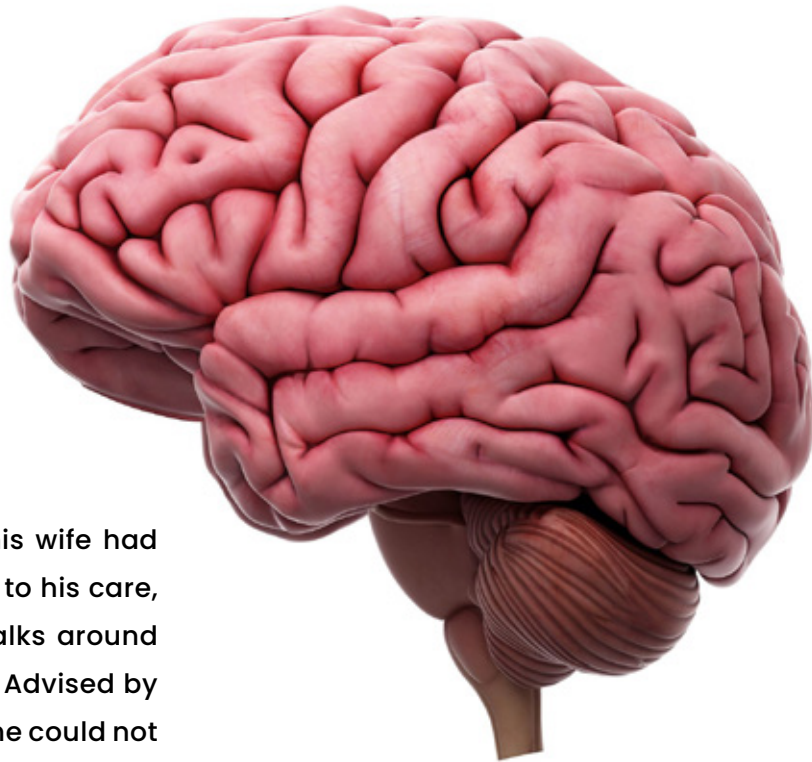
He pointed out that always seeking new interests and new perspectives, and having plans and goals can also contribute to increasing longevity. In 2025 Brazil will have the sixth largest elderly population in the world, that is, 34.5 million people, according to the WHO. In view of this, even with the lack of health infrastructure and social inequality, the adoption of a healthy lifestyle can contribute to offset this distortion and prevent non-transmissible chronic diseases, especially those that cause deaths among the elderly.

Even in countries with less social discrepancy, such as the United States, healthy habits have helped improve the quality of life and increased the life expectancy of the population. Researchers from Harvard University analyzed data from American citizens and concluded that those who adopted a low-risk lifestyle managed to increase life expectancy by up to 14 years for women and 12 years for men.

The scientists defined **5 factors as part of a low-risk lifestyle: not smoking, not being overweight, getting on average 30 minutes of moderate to vigorous physical activity per day, consuming alcohol moderately, and having a quality diet. Together, they have contributed to improved life**

expectancy and increased longevity, even after the age of 50, for US citizens.

As you can see, reaping the benefits of good habits is possible, the question is how to create them. In the book *The Power of Habit*, Charles Duhigg gives some tips. He uses as a central argument the fact that habits can be changed, but only if we understand how they work. The starting point is the intriguing story of Eugene Pauly, a 71-year-old man who suffered from memory loss and was diagnosed with viral encephalitis, a condition that mainly affects the part of the brain where memories are stored - the temporal lobe. As a result, he could no longer learn new things and could not even remember the distribution of the rooms in his own house.

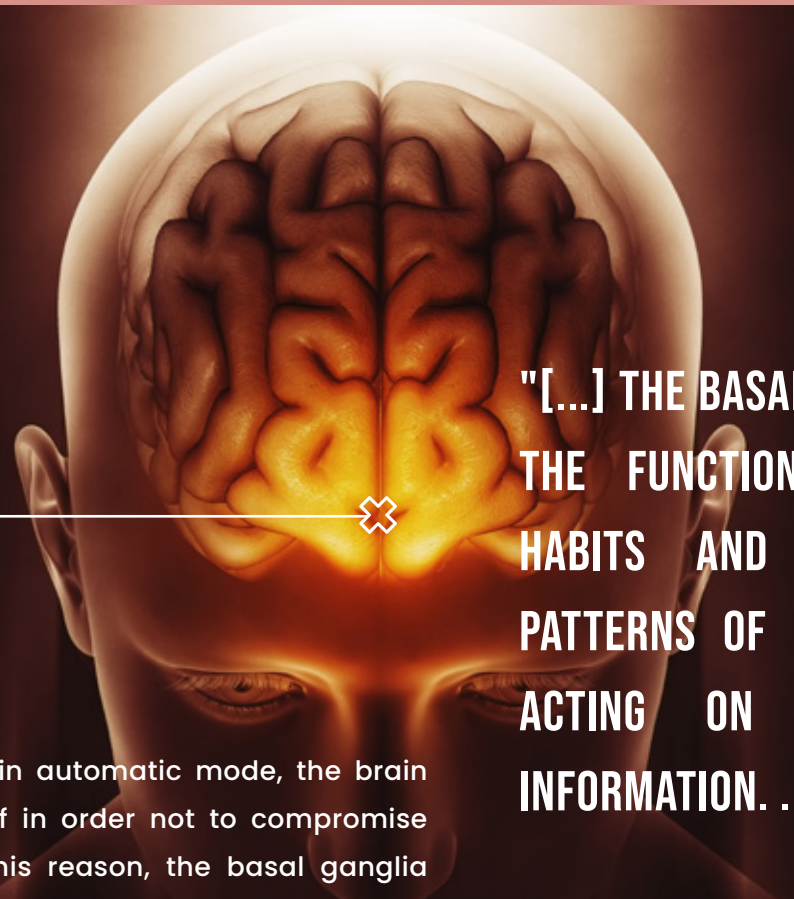


With this state of health, his wife had to dedicate herself entirely to his care, routinely taking him for walks around the block where they lived. Advised by the doctors, she knew that he could not do this alone, as he would probably not be able to remember the way back and get lost. However, one day, she got distracted and Eugene went out alone. Desperate, she looked for him, but could not find him. Sometime later he returned home alone. Surprising doctors and his family, days later he went for a walk alone, repeating the route he used to take with his wife. For the scientists at MIT (Massachusetts Institute of Technology) who studied the case, this meant that the habits - the daily practices - were not stored in the temporal lobe, as had been thought up until then.

Dugg explains in the book that the scientists were already engaged in studies about habits when Eugene became ill and was curious about the function of the basal ganglia, a kind of golf-ball-sized knot of neurological

tissue located in the temporal lobe, inside the brain and close to the brainstem. This is a more primitive structure in the human brain and controls automatic behaviors, such as breathing, swallowing something, or reacting automatically to a scare.

The basal ganglia have the function of storing habits and remembering patterns of our behavior, acting on the stored information. This discovery is essential for us to understand the formation of habits. For example, shared by the writer is the multitude of people who wake up every day and automatically take their cars out of the garage, repeating a daily routine - their habits. During these activities, the basal ganglia are acting, identifying the habit stored in the brain and turning it into actions. Automation leaves our gray matter free of this task and ready for another one, or simply to do nothing at all. For scientists, habits are ways for the brain to save effort or direct it to other needs. Therefore, the brain almost always seeks to turn a routine into a habit.



"[...] THE BASAL GANGLIA HAVE THE FUNCTION OF STORING HABITS AND REMEMBERING PATTERNS OF OUR BEHAVIOR, ACTING ON THE STORED INFORMATION. ..."

Even when working in automatic mode, the brain cannot turn itself off in order not to compromise our reactions. For this reason, the basal ganglia trigger an intelligent system that determines when it is necessary to allow habits to take over. At this moment a three-stage process occurs involving: cue, routine, and reward.

The author calls the triad the habit loop. According to him, the cue is what triggers the brain to start a new routine. It is that need we feel to transform some aspect of life, such as overcoming stress, for example. At this moment, it is important to identify whether the cue will lead us to a good or a bad habit to act and move forward or not.

When we go ahead with the action, performing the activity driven by the cue, we enter the routine phase. At this point, the cue is activated. Using the example above, let's imagine that we start practicing yoga to relieve stress. We include the practice in our schedule on a regular basis until, over time, we begin to realize that we have achieved the result. The loop is completed with the reward, that phase in

which we give ourselves for achieving a goal, such as letting go of the stress that is bad for us. This reward must be strong enough to impress us to the point that we keep the feeling in our memory.

When this loop occurs for some time, the three stages consolidate and go into automatic mode. Habit formation happens when the cue (trigger) and the reward are intertwined, giving rise to a desire. Duhigg says that this loop shows us that when a habit is created, the brain no longer participates in decision-making. It starts saving effort and directing the extra energy to other tasks. However, if you start fighting a habit by creating new routines, the pattern will be deactivated.

This strategy is essential to build a healthy future, after all, the brain doesn't recognize the difference between good and bad habits. That is why, according to the doctor, it is challenging to consolidate the habit of exercising or eating correctly. He says that it is necessary to take control of the habit loop to change the pattern and establish new neurological routines. In this way, the brain recognizes that we are doing something good for ourselves. Understanding the structure of the habit loop certainly helps us to control habits and define between good and bad ones.

In the book, the researcher delivers a golden rule for changing a habit. He says that all you have to do is keep the old cue and the old reward, but start a new routine. By changing the routine, a new habit can become established. However, habits cannot be eradicated, but they can (and if they are bad, they must) be replaced. By applying the golden rule, a new routine starts to become part of our life.



It turns out that it is not enough just to exchange one habit for another. It is necessary to maintain consistency, and this is only possible if you believe. Many times, this confidence comes with the help of a group. So those people you practice with are a powerful stimulus for you to evolve in the practice and reap all the benefits it brings. To change your habit you have to find an alternative routine and have the support of a group. Thus, the potential for success is greater, because the commitment is made among the group. The collective force is transformative, believe me. For me, this is one of the main reasons for my choice to work only with groups of students. Sometimes an individual or another needs special attention, but when they let go of their ego they realize that the group is much more beneficial to them.

The group welcomes, inspires, motivates, leads, and creates a collective force that expands results and establishes very healthy human relationships. To have a group of people doing yoga together is to have a group committed to the same result, the same goal, the same purpose, and who understand each other in places that sometimes not even the family understands correctly. It is possible to do things consistently in an isolated place, alone, but this does not compare with the emotional health results created by the group.

Changing a habit is not always easy. Duhigg says that "legitimate change requires effort and self-understanding of the cravings that drive the behaviors. Changing any habit requires determination." However, when we understand how habits work, we can ease the process and become in control of the change.

Even a destructive behavior is easier to tackle with support from several other people. "Change is accomplished because people examine cues, cravings, and rewards that drive their behaviors, and then find ways to replace their self-destructive routines with healthier alternatives, even if they are not fully aware of what they are doing at that moment. Understanding the cues and cravings that drive your habits won't suddenly make them go away - but it will provide you with a means of planning how to change the pattern," explains the writer.

To me, habits are very important, but when we integrate them into our nature, as part of ourselves, they stop being just habits and become skills. We can develop the amazing ability to sleep badly, or we can develop the amazing ability to sleep well from a set of habits that gives us the reward of a perfect night's sleep. We can develop the skill of making nutritional choices that are more appropriate for our life and our body, or we can develop the skill of eating poorly in ways that

damage our health. We can develop the ability to nurture little routines and a lifestyle that generates health, power, and longevity. Or we can develop the ability to do just the opposite. We can develop the ability to pleasantly open the day with a yoga practice, or we can open the day in a stressful way by eating what will not give us a great day or help us get a great night's sleep. What I have seen, over the years, is that regular yoga practice facilitates practitioners' ability to make better choices.

"[...] TO CHANGE YOUR HABIT YOU HAVE TO FIND AN ALTERNATIVE ROUTINE AND HAVE THE SUPPORT OF A GROUP. THUS, THE POTENTIAL FOR SUCCESS IS GREATER, BECAUSE THE COMMITMENT IS MADE AMONG THE GROUP..."



Why turn

HEALTH *in* **A HABIT?**

I know that just advising a lifestyle change by incorporating yoga practice is not enough to really get you motivated to do it. I also know that many resist changes in daily life, others don't believe in the benefits of the practice, and some start and give up shortly after using an excuse to justify abandoning self-care. The latter even realize that they have made gains, but when they stop the classes, they lose what they have achieved.

Transient change does not serve as a stimulus for neural building a consistent practice. You need to turn self-care into a pro-health habit. I am not referring solely to the practice of yoga, of course, it will be the basis for improving your physical and mental quality of life, but other behavioral changes can also generate positive results for your health.

In my opinion, promoting a lifestyle change is urgent. If you are young, the sooner you start building a full state of health, the better. Then, in adulthood, you can count on a more available body. Now, if you are an elderly person, know that it is always time to act and reverse the damage that you have imposed on your body by not adopting healthy habits.

Recently, I met a student of the Kaiut Yoga Method who has been practicing daily for six months. When we met, he told me that in this short time he has already felt improvements in his discomforts. The account of this student, besides being inspiring, shows that it is both possible to reverse damage to the body and quickly reap benefits through daily practice.

When you decide to practice self-care, try to maintain the practice consistently, so you will pass from the initiation phase to the learning phase, the one in which the behavior is repeated several times. This is how you will enter stability and the habit will be created. At this point, you don't need to think about doing yoga, for example, you simply go to the mat and do it. This is because your brain already recognizes the practice as something good.



Creating a new, good habit requires our dedication and a certain amount of effort, but the return is more health. In 2019, an epidemiological study conducted by Brazilian researchers, from the Department of Preventive Medicine at the University of São Paulo School of Medicine (FMUSP) and Harvard University in the United States, revealed that almost 27% of cancer cases in Brazil could be avoided if people opted for a life guided by healthy habits.

The researchers explain that smoking, alcohol consumption, being overweight, unhealthy eating, and high physical activity are risk factors and are associated with at least 20 types of cancer. The paper, published in the journal *Cancer Epidemiology*, found that in 2012, 114,497 (26.5%) cases of cancer could have been prevented, while 63,000 lives (33.6%) could have been preserved, meaning they would not have died.

According to the study, smoking was responsible for most preventable cancer cases and deaths, followed by high body mass index and alcohol consumption. Cases and deaths from cancer of the larynx, lung, oropharynx, esophagus, and colorectal cancer could be reduced by at least half with the elimination of lifestyle-related risk factors.

The researchers stress that lifestyle modification, excluding risk factors, is one of the most attractive and realistic approaches to cancer control in Brazil. The disease in the country is the second leading cause of death and by 2025, the number of cases is expected to increase due to the growing and aging population.

For me, a strong argument for eliminating everything harmful to us is the opportunity to reduce the risks of developing cancer. Why continue to smoke,

not take physical activity, not better select what you eat, and consume too much alcohol? Even if you like all these things, I am sure you are aware that they are bad for your health. I still believe that you prefer good health. Abandoning old habits can give us extra time to live, and better yet, a better quality of life.

An article published on the BBC News Brazil portal deals precisely with the gains of having healthy habits. The article details a study conducted by a group of researchers from several parts of the world that pointed out that healthy habits can generate 10 extra years of a life without cancer, heart problems, or type 2 diabetes for women. Men, on the other hand, can have up to 7 more years without the same diseases.



The scientists worked on two databases, one American and the other British, which contain information from more than 110,000 individuals monitored for about 20 years. At the age of 50, the members of the study were divided into five groups:

- Smokers
- Adherents to balanced diets
- Active, with at least 30 minutes of moderate or intense physical activity every day
- Body mass index between 18.5 and 24.9
- Women drank up to one small glass of wine a day and men drank up to 500ml of beer

When they evaluated the women who aligned with four or five criteria above, they found that they lived on average 34 years without getting cancer, cardiovascular problems (heart attack or stroke), and type 2 diabetes. This is 10 years longer than other women outside this group. Men with healthy profiles, on the other hand, lived on average 31 years free of these diseases, which is 7 years more than others with bad habits. The difference between the genders is due, according to the researchers, to the fact that women usually live longer than men.

Another finding of the study was that both men and women with a healthy lifestyle, besides having a lower risk of having one of the three diseases, also increased their chances of survival when diagnosed with one of the maladies that most affect people when they get older, among them, cancer. According to Cancer Research UK, four out of 10 cases of the disease could be avoided just with lifestyle changes, such as reducing the consumption of processed meat, increasing fiber intake, and protecting the skin from ultraviolet rays.

Healthy habits also help to combat dementia, another disease that haunts people in their old age. Caused by Alzheimer's, stroke, and other neurodegenerative conditions, it is marked by the loss of cognitive abilities such as memory, language, and reasoning. Almost always, patients are confused, have forgetfulness, and are unable to perform everyday tasks, depending on the support of a family member.

WHO predicts that by 2050 the number of people affected by the syndrome may increase by 150%, rising from 55 to 139 million, fighting the disease is vital for our quality of life.





The good news comes from a study published in *Neurology*, conducted by scientists at the University of Mississippi Medical Center, USA, who pointed out seven simple healthy habits that can reduce the risk of developing the disease. It is worth noting that the habits are already attested by the American Heart Association as powerful resources for improving cardiovascular health and reducing the risk of dementia. They were identified from an analysis of information from more than 10,000 people, collected over three decades, who had an average age of 54 at the start. The researchers realized that there was a commonality among the healthiest—seven simple practices that related to physical activity, healthy eating, avoiding being overweight, not smoking, and controlling blood pressure, cholesterol, and blood sugar. Each of these contributes to reducing the risk of dementia by up to 43 percent, even for individuals with a genetic predisposition. At the end of the period studied by the researchers, when the people were 84 years old on average, those who followed the seven habits had a 6% to 43% lower incidence

of dementia. This variation was due to the number of practices adopted and the intensity.

In another study conducted by researchers from the University of California in the United States and the Leopold Franzens University in Austria, yoga, and meditation practices are effective and benefit aging people. The study evaluated the effects of a 6-week yoga program, with daily practices at the participants' homes, on 23 individuals who were adult caregivers of spouses with mild cognitive impairment. After the period, it became possible to see that the participants had significant improvements in mood, associated with greater satisfaction with life, and social skills. There was also a strengthening in the connectivity of functional brain networks that are important for visual, attention, and perceptual processes, among other improvements. The study showed that dedication to the practice period increased connectivity in almost the entire brain.

It's time

TO START CREATING HEALTHY HABITS



Starting a process of lifestyle change is challenging, especially considering our modern life routines that demand a lot of our vital energy and leave us exhausted. I dare say that many people are trapped in a vicious cycle, but precisely because of this, they need to break these links that do so much harm and compromise people's longevity.

So, how to start? The first step is to recognize your emotional and physical state and to desire change. This recognition will help you find the motivation you need. For time management coach and founder of Real Life and Time Coaching & Speaking, Elizabeth Grace Saunders the key to helping exhausted people move forward is flexibility, that is, not being hard on themselves. The most effective long-term strategy is to take a gentle, holistic approach. Remembering the fundamentals of taking care of yourself through sleep, nutrition, and exercise lays the foundation for you to move forward.

Saunders recommends fighting exhaustion by not pushing your body harder to overcome it, but rather pushing less. To be in a better mood and thus support the achievement of daily goals, try to regulate your sleep. In this task, it is important to know how many hours of sleep you need to have to recover fully. The expert's tip is to start slowing down for about 30 or 45 minutes before going to bed. When it's time to wake up, focus on doing this at the same time.

I agree with her, establishing a sleep routine is a habit that helps the mind and body relax, and helps your brain recognize the difference between day and night and know when it is time to sleep and slow down.

Sleep is an extremely calming activity and helps us clear our bodies of the stresses of the day. Yoga practice is also a resource for improving sleep quality because it activates the parasympathetic reflex, which is responsible for slowing down the heart rate, blood pressure, adrenaline, and blood sugar level.

The consistency of the practice will become a habit that will impact your health and quality of life today and in the future. As you decide on a healthier lifestyle, you will feel better and the habit will form. Maintain consistency to build a new habit.

Our brain has evolved with a negativity bias, meaning that negative thoughts are more easily strengthened in our memory and psychological state than positive ones. According to scientists, this is a feature activated by our survival instinct, after all, bad experiences give us more chances to learn from mistakes, making us avoid risky situations.

Metta McGarvey, an expert in mindfulness and professor at the Harvard Graduate School of Education, says that our brains can change, physically, as a result of learning. This is called experience-dependent neuroplasticity, meaning that neural connections grow based on what we are learning.

Yoga practice, done consistently, consolidates into a positive habit. Repeating the practice, the same thoughts, feelings, and behaviors increases synaptic connectivity, strengthens neural networks, and creates new neurons through learning. This is how we transform the brain's negativity bias, replacing it with a positivity bias.

McGarvey proposes brain training using the method of full attention, approaching any situation with your full attention and keeping your attention in the present moment. Full attention is about maintaining awareness of thoughts, feelings, and immediate surroundings; accepting all thoughts and feelings without judging them.

According to her, by approaching your work with full attention, you will decrease the amount of energy spent worrying about the past or the future and increase the amount of attention you give to the present and positive experiences. She points out that stress and worry can be so ingrained that you need to practice, practice, and keep practicing the skills and habits necessary to keep your attention in the present. This is nothing more than consistency in your activities.



The researcher recommends five mindfulness exercises that help build positive habits that strengthen the brain, see:

1. Several times a day, take a short break from whatever you are doing – step away from the computer, turn off the phone, close the book – and look at something different. Enjoy the feeling of calm for a minute or two

2 Practice looking for small moments of beauty or kindness throughout the day: raindrops tapping on your window, the warmth of the sun on your skin, and a friendly exchange with a stranger. Focusing on the positive will strengthen your ability to shift your attention away from worry.

3 Research and comment on the positive qualities and actions of others. This behavior is especially important in exchanges with loved ones. Valuing the good in others helps create a virtuous cycle that builds positive communication.

4 Do exercises. Calming meditations, yoga, and tai chi can activate the parasympathetic nervous system and awaken a physically relaxed state. Making any of these practices a habit makes it easier for the body to relax after stressful events.

5 Remember that habits can be difficult to form and change takes time. Focusing on the positive means going against your brain's automatic response systems. Be persistent with your mindfulness practices, but don't blame yourself if you slip and get stressed. Be gentle with yourself.



LITTLE MANUAL FOR BUILDING A NEW HEALTHY HABIT

1. Decide on a goal that you would like to achieve for your health.
2. Choose a simple action that will lead you to your goal, that you can perform daily.
3. Plan when and where you will do the chosen action. Be consistent: choose a time and place that you will meet every day of the week.
4. Every time you find that time and place, do the action.
5. This will get easier over time, and in 10 weeks you will find that you are doing it automatically, without even having to think about it.
6. Congratulations, you have acquired a healthy habit!

Source: British Journal of General Practice



Yoga for **BUILDING HEALTH** and longevity

To create new health habits, I recommend keeping your practice consistent. You will succeed if you repeat the action over and over again, always with great gentleness. In the book *Engage Your Brain*, Joe Dispenza says that to transform health, you need to change some thought patterns, because they create a state of being directly connected to the body.

When you want to acquire a new habit, keep an eye on your thoughts and try to stay conscious to observe especially negative thought processes and change them. For him, a good part of thoughts are ideas that we invent and start to believe, and it is precisely this belief that gives rise to a habit. Thoughts trigger chemical reactions that make up our behavior, in the same way, repetitive and unconscious thoughts generate automatic behavior patterns that end up happening almost naturally. So when you wake up, you always follow the same routine.

It turns out that the patterns are habits that have become neurologically wired into the brain, so you need to stay conscious. According

to Dispenza, we should observe these thoughts without responding to them so as not to initiate the chemical and automatic responses that give rise to the habitual behavior. This is how you come to master the thoughts and move forward in creating a new habit. This mechanism of thought observation can be enhanced by the practice of yoga. Besides being a habit for health and stress reduction, the practice helps us build lifestyle changes, getting us through this process with greater ease. An article published by Harvard Medical School has shown that the benefits of yoga practice outweigh the physical aspects and that the psychological ones can be even more incredible.

The author, Julie Corliss, executive editor of the Harvard Heart Letter, argues that heart patients are often told by doctors that they need to eat a rich diet and exercise. Faced with guilt and fear, some people end up initiating a lifestyle change, but give up midway through the journey. In these cases, yoga can help people make more lasting changes by cultivating greater mind-body awareness. According to the article, asanas, breathing, relaxation, and meditation techniques work together to help the practitioner become more in tune with how daily habits impact how he feels. This happens because the practice increases mind-body awareness.

With mind-body awareness, you will easily realize that eating unhealthy foods makes you feel that they are not good for you. Thus, yoga can make it easier for you to give up unhealthy habits, some of which are even used by people to deal with stress, such as eating sweets. Our mind-body system integrally connects us to everything in our lives.



The article ends by provoking reflection on the long-term benefits of establishing mind-body awareness. *The example cited is about most people's preference to treat insomnia with a pill than to commit to an eight-week yoga program. The medicine may help the person sleep, but it will not bring long-term results. Whereas doing yoga will generate a good, restorative night's sleep that will yield more energy and motivation to exercise and to prepare healthy food. This is the mind-body connection that reaches throughout the yogi's life.*

Body awareness is not thinking about the body and not just feeling it, it is extending the map of the body in the brain. It is a neuroplastic place in which the brain can be the best for the body, and the body feels constantly monitored and guided by a much more efficient brain. In a way, it's like upgrading hardware and software at the same time and in the same place. You give to the body a better brain and to the brain, a better body.



CONCLUSION

We are a result of our habits

Many authors talk about pattern recognition. Today, the most modern theory on the subject of "pattern recognition" says that the first skill to be developed is to recognize patterns. That is, to perceive a pattern of behavior, attitude, mental and even emotional posture in ourselves. Not to change, but to recognize. Once you recognize a pattern, you learn to influence it - the second skill. Then, if it is becoming a bad habit, you can, from simple techniques, begin the exercise of transforming that bad habit into a good habit. You recognize it and use it to your advantage. It is not possible to transform a bad habit into a good habit without recognition and acceptance. And finally, the third skill is to start creating new patterns, in this case, good habits of self-care, health, and quality of life.

Don't allow habits to be created automatically, they can be, but when you act consciously, with your mind fully present, for example, in

the act of doing yoga or eating better, the development of the habit takes on a new therapeutic dimension in your life. Then you start using this combination of patterns, habits, and positive reinforcement in an efficient way.

What everybody wants is not to simply live longer, but to live better. When you learn how to live better on a daily basis, you naturally build a new life based on the expansion of quality of life, diversity, and positive stimuli.

We human beings are creatures guided by habits. We go to sleep and wake up at the same time, we have our personal hygiene rituals, and we almost always follow the same path. However, not all our habits are healthy, and changing them is not so simple. This is precisely because our routines happen in automatic mode. As we saw above, our brain acts to save energy

and does not recognize when a habit is good or bad, only that this action needs to happen. We always follow our default behavior and life goes on, and before we know it, our health is compromised, and we enter old age with a weakened body. It is very important that you decide to change your lifestyle and have healthy habits.

The human brain is always inclined to experience evolution. For our race, this evolution is closely linked to adaptation, making room for the body to gain mobility and prevent aging poorly. Since yoga is an activity that stimulates the relationship between mind and body, it acts positively on brain structure and function. Invest time and disposition to create new habits and invest in health. By choosing to practice yoga you will certainly reach the age of 80 with a better body, greater mobility, and quality of life.

Start today to plan your life and the way you want to reach 80/90 years old.

With the Kaiut Yoga Method, we help our students to build a better body future, after all, aging is a natural and irreversible process for human beings. Practicing yoga is an alternative to reduce the pain, suffering, and physical limitations of this journey that is life.

I hope you take advantage of the tips above and start, with new healthy habits, exercising self-care to rescue your ancestral nature. You don't need to have unnecessary losses—on the contrary, you can have a better life today and in the future by establishing habits that lead you to a more functional body and the realization of your full potential.



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