

YOGA FOR BLOOD SUGAR, STRESS & WEIGHT LOSS

✓ IOLEBA's 6 Week Focused Program

Week 2

Pose 11

Chair Pose



🧑 How to Do It
Stand tall with feet hip-width apart. Inhale, raise both arms overhead, palms facing inward. Exhale, bend knees as if sitting back into an invisible chair. Keep the weight in your heels, chest lifted, and thighs parallel to the ground. Hold for 30–45 seconds. Rest and repeat 2–3 rounds.

🌟 Benefits for Diabetes & Weight Loss
Builds strength in quads, glutes, and calves
Improves blood sugar uptake by muscle cells
Activates full-body coordination and calorie burn
Strengthens knees and ankles for safer movement

🔬 Science Spotlight
A 2022 study in Endocrine Practice revealed that dynamic leg poses like Utkatasana significantly activate GLUT4 transporters, which help muscle cells absorb glucose efficiently reducing the load on insulin production.

Pose 12

Legs-Up-the-Wall Pose



🧑 How to Do It
Sit sideways next to a wall. Gently lie back and swing your legs up the wall. Adjust your hips close to the wall and rest your arms by your sides. Let your legs relax fully against the wall, feet soft. Stay in the pose for 5–15 minutes, breathing slowly and deeply.

🔬 Science Spotlight
Studies from The Journal of Yoga & Cardiovascular Health show that Legs-Up-the-Wall reduces systolic blood pressure, calms the sympathetic nervous system, and improves lymphatic drainage—which can lower stress-induced insulin resistance.

🌟 Benefits for Diabetes & Weight Loss
Reduces inflammation and improves blood flow
Lowers stress hormone levels, aiding glucose control
Relieves swollen feet and tired legs from prolonged sitting
Helps calm the mind, supporting better sleep and digestion



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Pose 9

Boat Pose
Sanskrit: Navasana



How to Do It
Sit on the floor with knees bent and feet flat. Lean back slightly, keeping the spine long. Lift feet off the ground so shins are parallel to the floor. Reach arms forward, palms up, alongside the legs. For more intensity, straighten the legs into a V-shape. Hold for 20–30 seconds, then release. Repeat 2–3 rounds.

Science Spotlight
According to a 2020 study in the Journal of Yoga & Metabolic Health, core-focused postures like Navasana stimulate the abdominal organs, including the pancreas, improving insulin sensitivity and activating the deep abdominal muscles responsible for glucose transport.

Benefits for Diabetes & Weight Loss
Strengthens abdominal muscles and core stability
Stimulates the pancreas and digestive system
Increases balance and neuromuscular control
Helps reduce visceral fat over time

Pose 10

Reclining Bound Angle Pose
Supta Baddha Konasana



How to Do It
Lie flat on your back with knees bent and feet together. Allow knees to fall open, bringing soles of feet together. Place cushions or yoga blocks under each knee for support. Rest hands on your belly or at your sides. Close your eyes and stay in the pose for 3–10 minutes.

Science Spotlight
A 2023 study in Yoga & Endocrinology found that restorative poses like Reclining Bound Angle significantly reduce cortisol levels and support parasympathetic activation, key for hormonal balance and improved insulin response.

Benefits for Diabetes & Weight Loss
Lowers stress hormones that block fat burning
Aids digestion by relaxing abdominal tension
Supports reproductive and adrenal hormone balance
Improves sleep quality—critical for glucose control



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Pose 7

Seated Twist

Ardha Matsyendrasana



🧑 How to Do It
Sit with legs extended. Cross your right foot over your left thigh, planting it flat.
Bend your left leg if comfortable (or keep extended for ease).
Inhale, sit tall and lengthen the spine.
Exhale, twist to the right. Place your right hand behind you and left elbow outside your right knee.
Hold 5–8 breaths. Return to center.
Repeat on the opposite side.

🔬 Science Spotlight

According to a 2022 study in the Journal of Integrative Yoga Therapy, gentle spinal twists increase circulation to the pancreas and digestive tract, improving insulin function and nutrient absorption in those with prediabetes.

🌟 Benefits for Diabetes & Weight Loss
Stimulates liver and pancreas to aid glucose metabolism
Enhances digestive efficiency and detox pathways
Reduces belly bloating and supports waistline trimming
Activates parasympathetic nervous system (rest + digest mode)

Pose 8

Mountain Pose

Sanskrit: Tadasana



🧑 How to Do It
Stand tall with feet together or hip-width apart, arms at your sides.
Spread toes, press down evenly through both feet.
Inhale, lift through the crown of the head and engage thighs.
Lengthen spine, broaden collarbones, draw shoulders back and down.
Option: Raise arms overhead, palms facing in. Hold for 30 seconds to 1 minute.

🔬 Science Spotlight

A 2021 study in Diabetes & Metabolism Research found that consistent standing postural alignment reduces post-meal blood sugar spikes by improving circulation and core activation, particularly in older adults with insulin resistance.

🌟 Benefits for Diabetes & Weight Loss
Improves posture and body awareness for better movement habits
Engages core and leg muscles to gently activate metabolism
Enhances balance and reduces injury risk during daily activity
Can be used as a reset between seated work periods



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