Fitness Trend: 5 Ways Hot Yoga Melts Away Calories

By Mara Miller

Yoga is an ancient practice originating in India in about 3000 B.C. It's long been used as both a way to meditate and as a fitness tactic. Something that's been around for so long is no doubt effective! Now that swimsuit season is approaching, have you been looking for fitness advice to melt away calories? Well, you're in luck! Hot yoga is a fitness trend that has major calorie burning attributes.

Hot yoga is a popular fitness trend

that burns away pesky calories. Find out how!

1. It allows your blood vessels to be more flexible: Flexible blood vessels means moving more blood through your system. This can result in an instant loss of water weight and will give your skin an instant glow.

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2. It makes you sweat: Sweating is good for you because it helps you flush toxins from your body that might be clinging to your system, resulting in fat burning.

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3. You need to drink water before and during: Water is a natural way to keep away those pesky calories that help pack on the fat. (And you're going to need it because the hot yoga room is HOT!) Sweating will cause loss of water weight—so make sure you're hydrating, especially since some hot yoga rooms can be up to 105 degrees Fahrenheit.

4. It raises your heart rate: Along with expanding the blood vessels, hot yoga also helps increase your heart rate. The higher you can get your heart rate, the more calories you'll burn.

5. More than anything, it's intense: Yoga is more than stretching. Some sessions can last up to ninety minutes. It's *hot.* You're going to stretch and you're going to hold several positions more than once. It's more of a workout than a relaxed morning yoga session.

Do you like hot yoga? Let us know in the comments below!