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Obesity is a major public health challenge; more than one-third of U.S. adults are obese.¹ Obese individuals have an increased risk for developing heart disease, stroke, type 2 diabetes and certain types of cancer. The management of obesity includes lifestyle modifications such as increased physical activity. However, more than 80% of adults do not meet the physical activity recommendations.² Thus, there is a need to identify options that can attract those who are not inclined to follow conventional exercise strategies. In recent years mind-body exercises gained popularity. Although more than 18 million perform yoga and/or Tai Chi, and more than 10 million use Pilates in the U.S., we know little about the potential benefits of these exercises related to obesity.³ The objective of this review is to determine whether mind-body interventions can help to reduce obesity and prevent or delay the onset of obesity-related medical conditions. Searches will be performed using PubMed, PsycInfo, and the Cochrane Database. Following mind-body exercises will be included: Alexander Technique, Feldenkrais, Gyrokinesis, NIA, Pilates, Qigong, Tai Chi, and Yoga. The search will be performed for articles published between January 2000 and May 2014. The review will report on design, frequency and duration of interventions, outcomes, attendance, and characteristics of participants. The results will indicate potential knowledge gaps and have an impact on future research directions.

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