

August 2010 Newsletter

Learn how to Squat

Ask any strength training coach what one of the most important and functional exercises is— and they will say it is the squat. A good squat works the quadriceps, gluteals, hamstrings, and back/core muscles. **Should you squat even if you are not an athlete— YES!!!** Think about it— every time you go to sit in a chair or stand up from a chair— you are in essence performing a squat. Going up or down stairs...this is nothing more than a series of one legged squats!! So, if you have difficulty with these— or get pain when doing these— simply correcting your squat or practicing proper squats can help you. **Should you squat even if you have a lower body injury?** That depends on the injury— ask your Physiotherapist or Athletic Therapist if it is safe for you to squat.

Here are tips on how to properly squat:

If you have never done a squat— start by holding onto a counter top or stationary object. Place a chair about 2 feet behind you. Stand with your feet hip width apart and toes pointing forward. Start bending your knees (squatting) and reach your buttocks back towards the chair as if though you are going to sit down. Keep your chest up. Do not let your knees go in front of your toes— your shins should stay perpendicular to the ground. Once you



have gone as far as you can with good form, push up through your heels to get yourself to a standing position again. Repeat.

Once you feel comfortable you can let go of the surface you were holding and hold your arms out at shoulder height or hold a dumbbell as shown.



Another technique is to place an exercise ball against a wall and put your back against it. Align your feet and legs as described above, then squat down— keeping your back straight— as shown in the picture.



When you get stronger and are able to do 3 sets of 10-15 squats easily, you can add more and more weight, using the back squat technique. Try to do 3 sets of 10-15 repetitions 2-3 times a week.



If you experience any pain or discomfort during or after squatting, or would like a 1 on 1 lesson— contact us.

Pilates, Yoga & First Aid

Yoga Mondays at 7:15 pm

Session 1— Sept 13- Nov 8 \$120

Session 2— Nov 15— Dec 20 \$90

Pilates dates TBA

Session 1- Sept 7— Oct 29 \$120

Session 2— Nov 1— Dec 22 \$120

Standard First Aid and CPR-C course-

Saturday Sept 18 (12— 6pm) & Sunday Sept 19 (9-5pm) \$175 (must attend both days)

Class sizes limited— so register today to reserve your spot. Call or visit our web-site for registration form.

Office hours:

Monday 8-7, Tuesday 8-8,

Wednesday 9-7, Thursday 8-8

Friday 9-5, Saturday 9-1

How can you thank us for a job well done?

I, (your name) _____ REFER:
(friend/family) _____

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