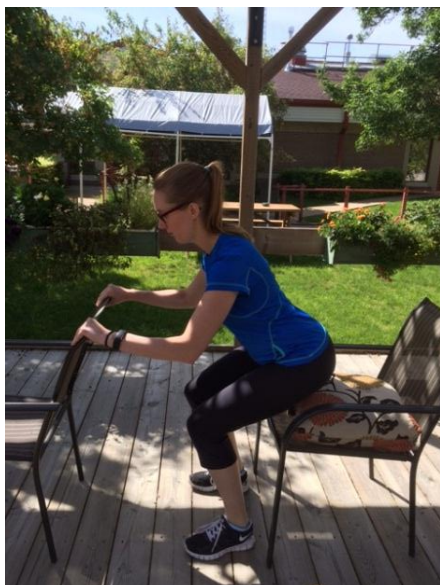


SQUATS

SEPTEMBER – Exercise of the Month



Interlake–Eastern
Regional Health Authority



PURPOSE	Strengthens the front of the thigh, back of the thigh, buttocks, inner and outer thigh. Helps with activities of daily living – getting out of chairs, lifting.
STARTING POSITION	Stand with an upright posture with legs hip to shoulder width apart. If needed hold on to a chair for support. (Shown above on the right.)
MOVEMENT	Bed hips and knees without lifting you heels or arching your back. Return slowly to the starting position.
PRECAUTIONS	Bend your hips and knees to go over your toes so that you prevent strain on the knees. The back is stabilized through the full movement.
VARIATION	Decrease the distance to squat by adding a pillow(s) to the chair. (Shown above on the left)
PROGRESSION	Progress to lowering your height when you squat.
GUIDELINES	Begin with 3 to 5 repetitions. Add more each week until you can do 10 to 15 repetitions.



To learn more about “Anywhere / Anytime” Exercises and Walking Programs, please sign up for our “Introduction to Exercise” classes offered throughout the region. Please send an email to wellness@ierha.ca to register for a class near you!

Also, please welcome Taylor Devlin to the Community Wellness Team! She is a Kinesiology graduate and is the new Wellness Facilitator in Oakbank. She is also demonstrating this month’s exercise and can be contacted at tdevlin@ierha.ca

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