## HEALTY HINTS

## Just for the HEALTH of it!™

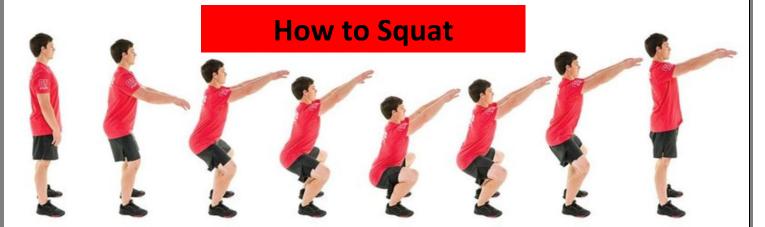
## WEEK TWO- Exercise: Air Squats

Ready to feel the burn!!! Start firing those glutes with this weeks Air Squat

challenge! Why are squats so good for you?

- They build muscles throughout your entire body!
- It's a functional exercise meaning it helps prepare your body to excel in everyday life. We bend and squat all the time - doing it correctly translates to strength, power and endurance
- Prevent injury: Squats help strengthen stabilizing muscles and ligaments. Weak muscles and ligaments are the cause of most injuries.





Key Points: Feet shoulder with apart. Hips descend back and down. Maintain your lumbar curve – don't round your back. Keep your heels on the ground. Knees behind toes.

## Tips:

- Go as low as you can with PROPER FORM. Proper form prevents injury
- If your knees hurt Make sure your knees stay behind your toes
- Keep your back straight No hunchback!
- Don't let your knees roll inward they should track your toes.

Video Links to squat form videos: https://www.youtube.com/watch?v=C VtOYc6j5c

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https://www.youtube.com/watch?v=52SD8ajVX4c