

# HEALTHY 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.



### How to Squat



**Key Points: Feet shoulder width 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](https://www.youtube.com/watch?v=C_VtOYc6j5c)

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