



7 VITAL MOVEMENTS

Strength training is vitally important to our well-being.

Muscular strength is linked to longevity, slowing sarcopenia (muscle mass loss), improving cognitive function, preventing dementia, controlling blood glucose levels & insulin resistance, combating sedentary work, maintaining testosterone levels and sleeping well. The list is endless.

Strength training improves our quality of life and helps us do what we love doing for longer. This edition is for you who are not quite sure how to get started, but also for you who are regularly in the gym, like to mix it up or maybe get back to basics.

All 7 movements are *functional movement patterns*. that can be done as compound exercises, which increases functionality and lessens the risk of overuse and injury.

Squats

Squatting is fundamental to us getting up and down from sitting. It is a compound movement that engages all our leg muscles as well as spinal core muscles.

Hinges

Deadlift is the famous hinge movement and while it is an excellent exercise, we can hinge in many other ways from the hips with a straight back lifting dumbbells or using resistance bands

Strength, resistance & weight training doesn't have to take place in the gym, but you may have more toys to play with there than at home!



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7 Vital Movements:

- **Squats** - to strengthen the front part of the lower body
- **Hinges** - this activates the posterior chain
- **Lunges** - one sided leg strength with improvement of balance
- **Pulls** - strengthens the back muscles as well as arm muscles
- **Pushes** - engages the chest as well as arms and switches on the core
- **Farmers Carry** - will help grip strength, walk tall, great for endurance
- **Body Rotation** - builds the core and grounds the centre

Lunges

Controlling our body weight mostly on one leg trains balance and coordination as well as strength. Step back with front knee over the foot.

Pulls

Pull to pull a door open or to lift an object requires a weight, resistance band or a machine in the gym.

Pushes

Push as in pushing an object away or pushing the body away as in a push-up.

Farmer's Carry

Growing up I would carry buckets of water and food to feed our animals, when auto-feeding didn't exist. Maybe this should now be renamed to a "Shoppers Carry". Same principle that trains a strong grip, balance and endurance.

Body Rotation

Neck and low back injuries often involve rotation; particularly when combined with flexion or extension. This is down to both poor form and lack of strength.



We rotate to put on the seat belt, to hit a good forehand, lift the baby out of the car seat, etc. Importantly we also resist rotation all the time in daily life when we brace the core. Body rotation is undertrained and not only in the gym. Think about getting out of bed, bringing bags of shopping from shopping trolley to boot to home to the correct place in the cupboard.

Enjoy the journey of getting stronger and move with renewed ease.

We will see you for a checkup soon!

Book now on **9743 1336** or online.