

# 3 Tips for Movement

## Health in 2020



### 1. Think Movements not Muscle Groups

Are you working shoulders and back today or legs and chest? These are common phrases and workout designs often employed by many people in the gym. Next time try planning your workout routine according to fundamental patterns rather than focusing on individual muscle groups.

- a. **Push** – Move an object or yourself away from the center of your body
- b. **Pull** - Move an object or yourself towards the center of your body
- c. **Squat** - Sit in a crouched position with knees bent and the hip in line or below the knees
- d. **Lunge** – Step forward with one leg, bending both knees and brushing the rear knee on the ground before stepping forward, bringing the feet back together
- e. **Lift** – Bend the knees slightly and hinge at the hips while keeping the torso erect. Continue to hinge forward until you can grab and lift the object from the floor.

Training movement helps us think about the body holistically and better prepares us for movements that we can utilize in our daily lives. LIFTing up our grandkids and SQUATing down to tie our shoes are fundamental patterns that can be practiced and perfected in the gym.

### 2. Keep Weight over Support

For the beginner who is starting to weight train as well as the seasoned athlete looking to increase their strength, keeping the weight of an object over the body's support is imperative. Think about PUSHing an object overhead and holding it there for 10 seconds. If the object drifts in front of the body it won't be supported by the feet below. The body will compensate in a myriad of ways, where the shoulders might round forward or the lower back might arch excessively in order to maintain the object balanced overhead. If we adhere to our principle of weight over support we would stack the object over the wrist, wrist over the elbow, elbow over the shoulder, shoulder over the hip, hip over the knees and knees over the ankle to effectively and efficiently place the object over support. With the weight directly over the support the entire kinetic chain of the body is synergistically under tension creating strength gains that cannot be understated.

Another situation where this concept is relevant is when we're LIFTing an object from the ground. If the object you plan to pick up is placed in front of the feet you will be in violation of our rule. To avoid this, look to place the object directly under your feet and then maintain this relationship throughout the ascent. The LIFT is also a great movement to synergistically develop the posterior chain, building strength and stability in the body.

### 3. Find your Movement passion

Slogging mile after mile on a treadmill is often the visualization of what Exercise entails. If we search for our movement passion we can broaden the scope of what it means to be healthy and active. Line Dancing, Rock Climbing, Cycling, and Pickle ball can be a great movement practices that contribute to a more active lifestyle. Search out new endeavors and find what movement endeavor puts a smile on your face.