



# HEALTH COACH PROGRAM

## BUILT TO SQUAT

Squats are integrated into our daily lives. They are a natural and functional movement that occurs in various ways throughout the day, often without us consciously recognizing it.

The deep squat represents one of the most fundamental and restorative human postures. In the progression of human movement development, our innate behaviour to rest in a deep squat occurs before standing and walking and forms the foundation for other bipedal motions such as running, and jumping.

For healthy individuals, the squat serves as a versatile posture- it is a resting position, a working stance, a waiting posture, a stalking pose, a playful stance, and a position for birth, and defecation. Toddlers exhibit proficiency in the deep squat long before they start standing and walking.

With few exceptions in unfortunate cases, we are all born with remarkable mobility. Yet how is it that millions of "modern" individuals find themselves unable to assume positions such as the deep squat?

Despite mobility being an innate physical attribute, it has transitioned into supplementary activity as our lifestyles have become significantly deficient in fundamental natural movements. The deep squat is just one example of this.

This month in your Technica Health Coach Program, learn how to improve your deep squat and the benefits of doing so.

## THIS ISSUE

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What's in a Squat?

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Built to Squat

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Squat Fundamentals

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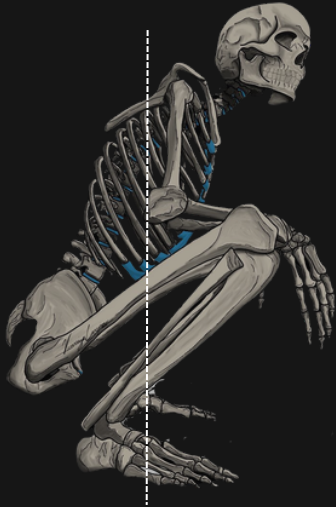
Protein Brownie Recipe

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Med-I-Well Contact Information

# WHAT'S IN A SQUAT?

**THE DEEP SQUAT** IS CONSIDERED A **FUNDAMENTAL MOVEMENT PATTERN** WHICH MIMICS HOW OUR ANCESTORS WOULD REST & MOVE NATURALLY.



**SPINE**  
RELAXED, ACCENTUATING ITS NATURAL CURVES.

**CHEST**  
UP & OPEN.

**HIPS**  
CLOSE TO YOUR HEELS.

**KNEES**  
IN-LINE WITH THE TOES.

**FEET**  
FLAT ON THE GROUND.

**TOES**  
POINTED FORWARD.

**BODY WEIGHT**  
CENTERED OVER THE MIDFOOT.



INCREASED  
MUSCLE  
ACTIVITY



IMPROVED  
JOINT  
HEALTH



RESTORED  
SPINAL  
ALIGNMENT



ENHANCED  
DIGESTION



BETTER  
BALANCE



HIGHER ENERGY  
EXPENDITURE

**DOES YOUR SQUAT FEEL LIMITED?**  
**TRY THIS...**



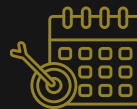
**INCREASE JOINT MOBILITY**

& strength through limited areas, namely the hips, knees, ankles & lower back.



**USE TRANSITIONARY TOOLS**

Most people can't get into a deep squat due to physical limitations. Use a stable object to balance yourself, if needed.



**DO IT DAILY.**

Make it a daily habit to squat down & hang out in this position. **no matter how light the load or how high from the ground, your body was built to squat!**

**FITNESS IS THE RESULT, BUT MOVEMENT IS THE PRACTICE.**  
**AIM FOR EFFICIENT MOVEMENT QUALITY OVER MINDLESS EXERTION.**

## SQUAT ASSESSMENTS

1

Complete a squat assessment on-site with your Health Coach.

2

Receive an on-the-spot report highlighting your movement patterns demonstrated in the assessment.

3

Receive a corrective exercise package to help improve functional mobility related to the results shown.



## CORRECTIVE EXERCISE ASSESSMENTS

REACH OUT TO YOUR MED-I-WELL HEALTH COACH TEAM IF YOU WOULD LIKE TO RECEIVE 1-ON-1 COACHING TO IMPROVE YOUR MOBILITY AND FUNCTIONALITY!

# BUILT TO SQUAT

## YOUR BODY'S MOST RESTORATIVE RESTING POSTURE

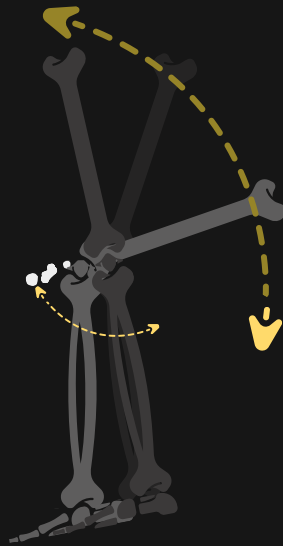


**THE RESTING SQUAT**  
IS AN ANCIENT PART OF OUR  
**EVOLUTIONARY HISTORY**  
DATING BACK NEARLY  
**2 MILLION** YEARS  
AGO.

**INFANTS** SIT IN A DEEP SQUAT  
**INSTINCTIVELY**  
BECAUSE IT IS A BIOMECHANICALLY  
**EFFICIENT**  
**& STABLE**  
RESTING POSITION.



**IMPROVES OVERALL**  
**JOINT HEALTH**  
BY MOVING THE  
**HIPS, KNEES**  
**& ANKLES**  
THROUGH THEIR  
**FULL** **RANGE**  
**OF MOTION.**



**THE ABILITY** TO TRANSITION  
FROM A **DEEP SQUAT**  
TO A **STANDING POSITION**  
WITHOUT SUPPORT HAS BEEN LINKED TO AN  
**INCREASED LIFE EXPECTANCY.**



**OUR ABILITY** TO REST IN  
A DEEP SQUAT IS ONE OF THE  
**MOST NATURAL &**  
**FUNDAMENTAL**  
**MOVEMENTS**  
OF THE HUMAN BODY.



REQUIRES HIGHER LEVELS OF  
**MUSCLE ACTIVITY**  
**& ENERGY EXPENDITURE-**  
REDUCING THE **HEALTH RISKS**  
ASSOCIATED WITH  
**SEDENTARY**  
**BEHAVIOUR.**



PROMOTES THE NATURAL  
**CURVATURES**  
OF THE **SPINE-**  
**DECREASING**  
RESTING TENSION  
& PRESSURE ON THE  
**LOWER BACK.**

**OPENS THE AIRWAYS**  
& PROMOTES AN EFFICIENT  
**BREATHING**  
**STRATEGY.**



# SQUAT FUNDAMENTALS

Squatting is one of the most, if not the most functional movement in human life. Therefore, it's important to understand how to squat properly, whether it's to get down to the ground to play with your kids or performing weighted squats in the gym.



## THE SQUAT SET-UP

Stand in front of a mirror. Squat by keeping your heels planted firmly on the ground and lower yourself as low as possible.

### 1) DID IT HURT?

- NO- good, read on for more info!
- YES- Was it manageable? If so, read on, try some of the cues detailed below and see if the pain goes away. If it was unbearable pain, see your health care professional to assess the squat and provide you with corrective exercises to improve it.

### 2) WHERE SHOULD MY FEET BE?

- Place your feet (and toes) where they are comfortable, approximately shoulder width apart or a little wider. Feet can be placed straight forward or turned outwards slightly. Everyone's hips are different. Your anatomy will determine what is most comfortable for you!
- We know that there is a huge variation in femoral neck angle and pelvis shape amongst humans so it should go without saying that we cannot expect them to squat exactly the same. Those who have a larger femoral neck angle will require more external rotation in the femur to sit into their squat.

### 3) HOW DEEP SHOULD I SQUAT?

- Short answer- femur parallel to the ground.
- Ideally, we would like to see everyone achieve a deep squat where their butts are close to the ground but, that requires some work.

### 4) KNEES OVER THE TOES OR KNEES OUT?

- Short answer: think of screwing your feet into the ground.
- The squat largely depends on the hips. The knee is simply the linkage caught between the two anchors of the squat: the hips and the feet. Therefore, this is where we should be focusing.

### 5) STAND TALL

- Stand tall, look forward, and keep your torso upright.

## SQUAT PROGRESSIONS

Typically, progressing through different types of squatting can look something like this:

1. Sit-to-stands or box squats (squat down onto a chair or box and return to standing).
2. Bodyweight squat (remove the chair or box, keep the strong form).
3. Goblet squat (hold weight in front of your chest and squat with strong form).
4. Barbell squat (either front or back squat).
5. Overhead squat.







## PROTEIN BROWNIES

*These secretly healthy brownies are rich, chewy, fudgy, and contain up to 15 grams of protein each*

SERVINGS: 9

PREPPING TIME: 5 MIN

TOTAL TIME: 25 MIN

### INGREDIENTS

- 1 cup almond flour
- 1/3 cup protein powder
- 2 tbsp. cacao powder
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1/3 cup melted coconut oil or butter
- 2 eggs, or 2 flax eggs
- 1/3 cup sugar or monk fruit sweetener (optional)
- 1 tsp. pure vanilla extract
- 1/2 cup mini chocolate chips, optional (aim for 70% cacao or higher)

### DIRECTIONS

1. Preheat oven to 350°F.
2. Grease an 8-inch pan, or line it with parchment.
3. Stir all ingredients well.
4. Spread into the pan, using a second sheet of parchment if needed to press down evenly.
5. Bake 20 minutes, then let cool. They continue to firm up as they cool and also firm up even more if you very loosely cover and refrigerate overnight.
6. Storage: Store in an airtight container for up to 5 days.

# FOR MORE INFORMATION

Med-I-Well Services is a nationally recognized organization that develops and provides innovative corporate healthcare solutions. Founded in 1998, Med-I-Well Services delivers sustainable drug benefit management programs, comprehensive corporate and industrial wellness programs, and corporate fatigue risk management programs to assist organizations with cost savings, while improving their employees' health, safety and productivity.

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