

# Glimpse into Wellness Wednesday – week 49 – Santa squats!

This week's Wellness Wednesday will focus on the squat, and in keeping with this month's festive theme, it will be called the Santa Squat!

The squat is an awesome exercise which involves the upper and lower body, in particular the butt, thighs, lower back and core. It burns calories, and strengthens and tones your muscles.

It is a tough exercise, so take it easy to begin with. I began with two seated squats, and very slowly worked up to being able to do about 5-10 squats. I can not go very low, but I am working on it. Remember that every time you add a little more movement to your day, the stronger you get, so do not worry about not being able to get low. (I have written more about this concept here.)

To commence, place you feet firmly on the floor, about shoulder width apart.

Your feet should not point straight ahead, but slightly outward.

Looking straight ahead, bend at your knees.

Start off by lowering yourself into a chair, like happy Santa, sitting down for his cookies after his

☒ 156, 987th chimney descent! When you are stronger, lower down as if you were about to sit in a chair. Do not let your knees go forward past your toes, and keep your heels on the floor.

Turn your ab muscles on (pull them in), and keep your back in a neutral position.

Lower yourself down and back, slowly. Tighten your body so that your movement is controlled. Extend your arms in front of you for balance. You may find it helpful to place your hands on a bar or chair in front of you. Go as low as you can; but not further than when your thighs are nearly parallel with the floor. Remember, start off with the smallest of drops if that is what you can do.

Come slowly back up to a standing position, and say "Ho! Ho! Ho!"