



## Takeaways from Strength & Mobility Session 1

Led by bodyworker, trainer, and massage therapist Heather Hart on Friday 3/10

In order to cultivate strength, your nervous system must feel safe.

Breathing → Stability → Mobility → Strength

### Breathing

- Is the basis of efficient movement
- Is the foundation for a stable core
- Properly directly affects your posture

**Poor Posture** wastes energy because parts of your body are heavy. When your body parts aren't stacked appropriately, your muscles are working hard to keep you from falling on your face.

EARS over SHOULDERS over HIPS over KNEES over MID-FOOT

Mobility Drills	
<b>Neck:</b> - Glides forward, back, side-to-side - Circles and figure eights	<b>Thorax and Spine:</b> - Rolls and circles
<b>Shoulders:</b> - Circles, rotations - Scapular engagement	<b>Pelvis:</b> - Tilts and circles
<b>Wrists and Hands:</b> - Rolls, supination, fists, jazz hands	<b>Hips:</b> - Flexion and extension - Step over circles

Postural Exercises	
<b>Hip bridge</b> - shoulders on the edge of a seat, hips on the floor, feet planted firm; raise the hips to a table-top position and squeeze glutes	<b>Transverse lunges</b> - split stance, knee flexion as far as is stable, keep pelvis and legs strong; rotate the upper body at the core towards the forward leg
Breathe and brace your belly	Sit with shoulders over hips
<b>Chin tuck (the double chin)</b> - create a longer space in the back of your neck	<b>External shoulder rotation</b> - palm up, thumbs level with mid-chest, stationary elbows, rotate the shoulders out
<b>Wrist supination (palm up)</b> - to combat typing and using the mouse	<b>Scapular row</b> - pinching the shoulder blades together and pulling them down