



## Strength Is Medicine: 1.5hr Squat Clinic

**Saturday, Feb 28 | 10:00–11:30am**

Location: 1531 Osprey Dr, Hood River, OR

Tuition: \$25

Capacity: Max 15

Who: Adults who know they should lift but want to begin properly.

Bring: Workout clothes, flat shoes. No prior lifting required.

### Why Strength is a Priority (Dr. Nathan Wagner ND, Renu)

- Pain and Injury: Builds tissue capacity and movement control; fewer flare-ups.
- Sarcopenia and Osteopenia: Progressive load maintains muscle and bone.
- Metabolic Health: More lean mass leads to better insulin sensitivity and glucose control.
- Function and Independence: Real-world force for stairs, lifts, and carries.

### You Will Learn (hands-on, practical)

- Definition of general strength, exercise vs training, exercise selection criteria
- Squat setup: stance, grip, bar position, bracing, gaze.
- Depth and bar path: consistent depth and efficient mechanics.
- Cueing common faults, Two-Factor Model

### Format and Who Should Attend

- Small group, high-touch coaching with immediate takeaways.
- Clinicians, evidence-based and preventive-health folks welcome.
- No prior lifting required. Flat shoes recommended.

Educational event. Not medical advice. Not a substitute for medical care.



### Reserve Your Spot

541-305-8326 | [mammoth-strength.com](http://mammoth-strength.com)

**Register Now**