



Strength is Medicine: 1.5hr Squat Clinic

Saturday, August 22 | 10:00–11:30am

Location: 3457 Guignard Dr. Building 2, 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 Priorities: Balance, Depth, Hip Drive
- Trunk stability, bar path, and efficient mechanics.
- Two-Factor Model

Format and Who Should Attend

- Small group, high-touch coaching with immediate takeaways.
- Clinicians and adults who are evidence-based in their health
- 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

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