

Moving 1 - Isometrics and Stretches

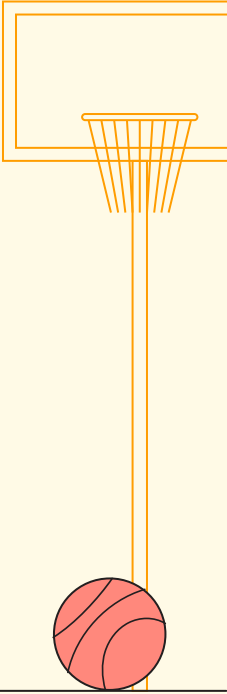
Se Jong (John) Choi



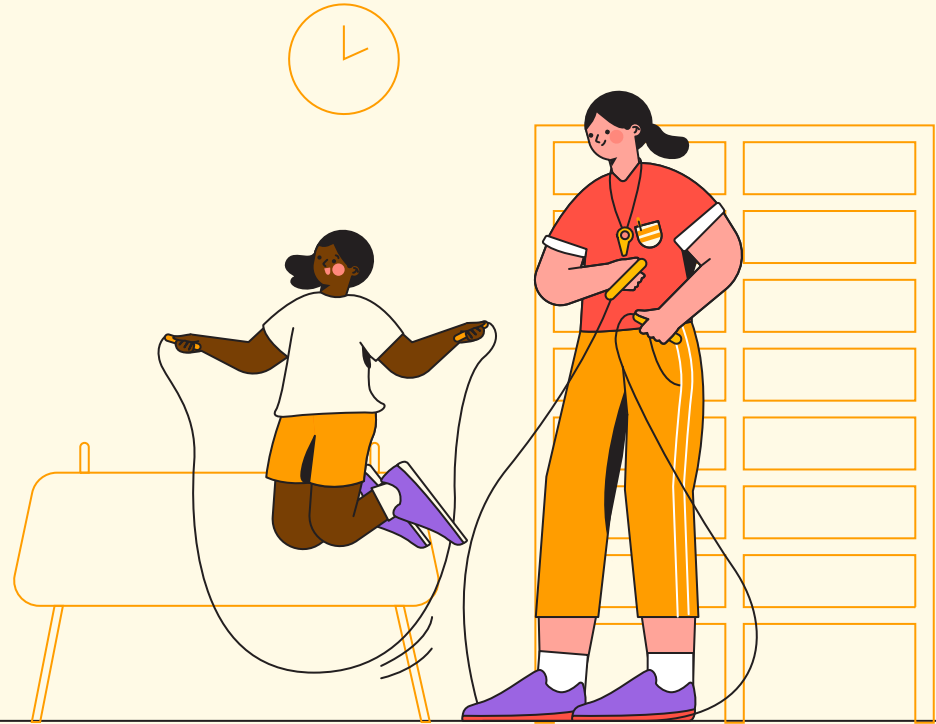
First step: Shape Your Body. Moses Clinic, June 5, 2024

Quick Teaching Points

- Exercise alone produces only a moderate reduction in weight
- Exercise is beneficial for reduction in abdominal fat
- Combined aerobic and resistance training is more important than the type of exercise



Let's Practice



First step: Shape Your Body. Moses Clinic, June 5, 2024

Isometric Squat

- Bend at knees and hip
- Keep chest up and core & glutes engaged
- Keep feet planted (mid-foot)
- Hold for at least 10 seconds



Planks

- **Keep neutral spine**
- **Start with forearms flat on the ground**
- **Engage core and NOT low back**
- **Aim for a minute**



Wall Angels

- Stand 6 in away from wall
- Hold arms up against wall
- Bring arms down to right angle
- Engage shoulders & back



Wall Wrist Stretch

- **Straighten arms and lean against wall**
- **Start with arms parallel to ground and slowly move down**



Any Questions?

References

1. Gardiner, J., Prouty, J., & Phillips, E. M., M. D. (2015). The joint pain relief workout: Healing exercises for your shoulders, hips, knees, and ankles. Harvard Health Publications.
2. Hunter GR, Brock DW, Byrne NM, Chandler-Laney PC, Del Corral P, Gower BA. Exercise training prevents regain of visceral fat for 1 year following weight loss. Obesity (Silver Spring). 2010 Apr;18(4):690-5. doi: 10.1038/oby.2009.316. Epub 2009 Oct 8. PMID: 19816413; PMCID: PMC2913900.
3. Slentz CA, Duscha BD, Johnson JL, Ketchum K, Aiken LB, Samsa GP, Houmard JA, Bales CW, Kraus WE. Effects of the amount of exercise on body weight, body composition, and measures of central obesity: STRRIDE--a randomized controlled study. Arch Intern Med. 2004 Jan 12;164(1):31-9. doi: 10.1001/archinte.164.1.31. PMID: 14718319.
4. Villareal DT, Aguirre L, Gurney AB, Waters DL, Sinacore DR, Colombo E, Armamento-Villareal R, Qualls C. Aerobic or Resistance Exercise, or Both, in Dieting Obese Older Adults. N Engl J Med. 2017 May 18;376(20):1943-1955. doi: 10.1056/NEJMoa1616338. PMID: 28514618; PMCID: PMC5552187.

