

Today's CHALLENGE

December 31st, 2022



10-Minutes of Deep Squat Sitting

- We're becoming MASTERS of these *Accumulation Challenges*, aren't we?
- Your **Option 'B' Challenge** today is the accumulation of 10 minutes in the *Deep Squat* position.
- Grab your stopwatch:
 - Every time you **relax** into the *Deep Squat* position – START the stopwatch;
 - When you come out of that position – STOP the stopwatch;
 - **Don't** clear/reset the watch (you want to keep a running tally);
 - When you return to the *Deep Squat* (at some point), RESTART the stopwatch (so that you're accumulating more time);
 - When you rest, STOP the stopwatch again;
(You may want a little piece of paper to record, or "screen capture" your progress after each round IN CASE the gadget decides to reset);
 - Repeat ... UNTIL you reach 10 minutes.



Here are a few things to keep in mind as you begin:

- There is not ONE perfect position – make it yours!
- **RELAX** into this Deep Squat position as comfortably as possible;
- Wear as little footwear as possible;
- Keep your feet flat so that you can **RELAX** into your feet.
You are not up on your toes.



WARNING!

If you feel any pain, dizziness or nausea, at any stage, please stop immediately!

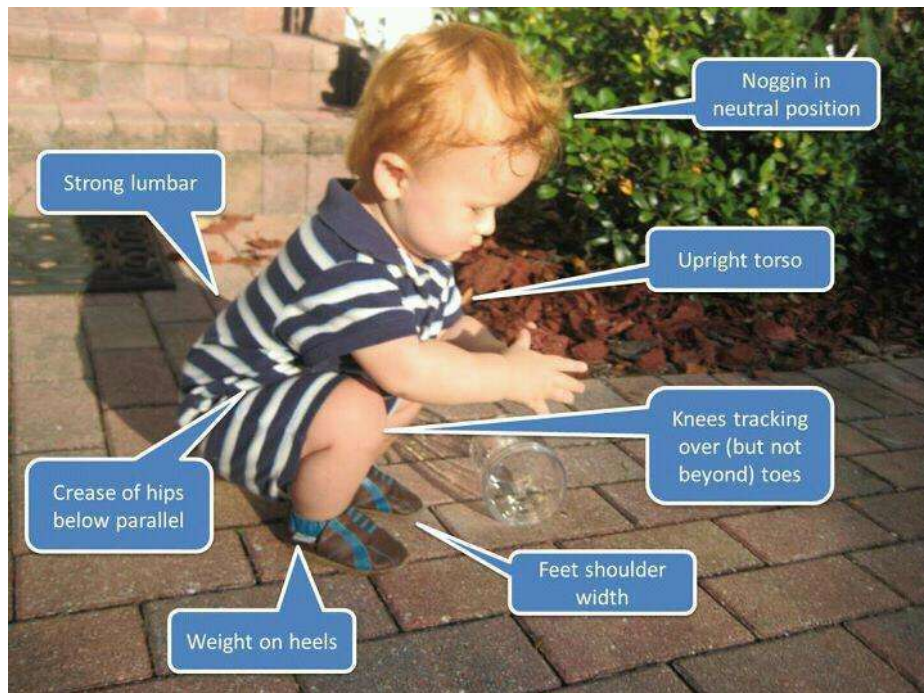


To make it easier:

- Grab a hold of something stable and secure to help keep you balanced on your feet – but remember you are relaxing into your feet.
- If you have a difficult time keeping your feet flat, support the heels in an elevated position (thin books or a folded yoga mat) but you are still relaxing into your feet.
- Stay for shorter intervals – but remember you are accumulating 10 minutes today!
- The minute you feel pain come out of this position and return to it later,

To make it harder:

- Get deeper. Sink into this position.



*** Now that you've had time to think about it during this Challenge, drop me a line and let me know if you'll stay up to see the New Year in at 12:00 tonight.

Today's **CHALLENGE**

Why?

(other than the whole Challenge thing)

If you look outside the Western world, the *deep squat* is a natural position. People sit in this position to eat, read, relax, go to the bathroom and transition between ground level and standing throughout their day. This is a natural position for our bodies and evidence shows that the incidence of hip, knee, ankle and low back dysfunction in these “deep squatting cultures” is markedly lower than in our “18-inch plus” society (the height of chairs, toilets, beds).

Apart from the musculoskeletal benefits of improved ankle mobility, stronger hips and a better full body integration of tension and balance, deep squatting has been shown to improve digestive health. The benefits of sitting in a deep squat while going to the washroom (#2) have been well documented. The position allows the colon to fully straighten and relax more. Full relaxation allows for a more complete “evacuation” and riddance of the toxins held within the stool.

So, why?

So you can move better and be less full of shit!

