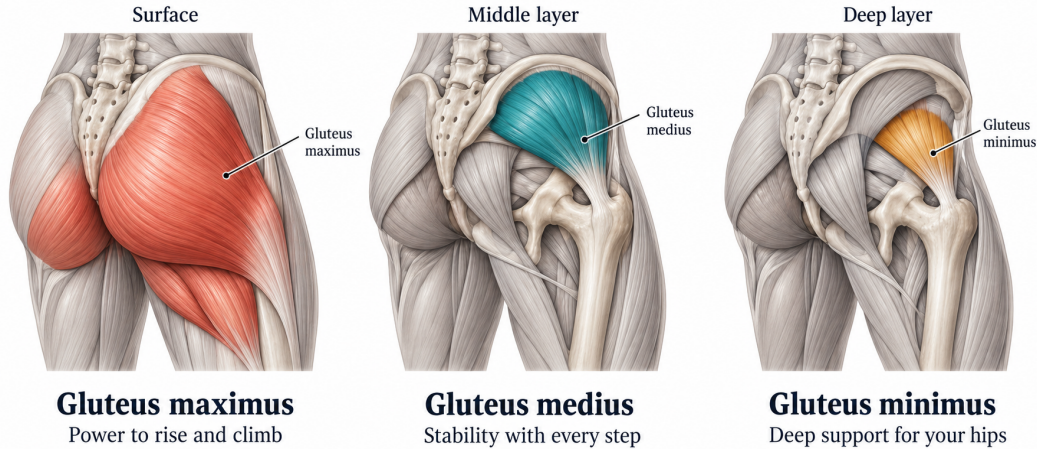


Your Glutes: Strength for the Life You Want to Live

THE THREE GLUTE MUSCLES



Getting out of a chair. Climbing the steps. Riding your bike. Walking on a treadmill. Getting the mail. Behind these everyday movements is a team of three muscles helping you stay capable: your glutes.

The **gluteus maximus** is the largest. It helps straighten your hips and power movements like rising from a squat, climbing stairs, and pushing up a hill. Think of it as strength that helps turn your intentions into motion.

The **gluteus medius** helps keep your pelvis steady when your weight shifts onto one leg—which happens with every step you take. It also helps move your leg sideways, supporting the control you need to navigate a winding trail or step around an obstacle.

The **gluteus minimus**, the smallest and deepest of the three, works alongside the medius to stabilize your hips and guide your movement. Quiet work, but valuable work.

Together, these muscles help you move with strength, stability, and control. They share the job with your legs and trunk, whether you're carrying groceries, working in the garden, or heading out for an adventure.

Giving your glutes regular workouts, through movements like squats, bridges, and step-ups. It's an investment in the activities that matter to you.

There's a life you want to keep participating in. Build the strength to meet it.