

Happy Hips Challenge- Part 4

Below are some simple checks you can do throughout the day to help with hip tightness. Once you become mindful of the little things the big things will be easier to tackle.

Daily Checks

- Check your feet while you are standing around during the day. Does your foot turn out?
- Try to catch yourself and keep your feet straight during the day if you're experiencing tightness on that side.
- Check yourself for glute clenching also
- If you catch yourself clenching try to let go. This will probably have to be a continuous check throughout the day.

Kitchen Counter Stretch

- Press into the counter with your hands
- Bend your knees a bit and tuck your pelvis under
- Round your back and inhale right into it
- Do a series of this breathing to start the day
- You can also do this a couple of times during the day.

