

Improve Your Hip Health And Your Balance (At The Same Time)aa

Things I'm obsessed with:

Feet

Chocolate

Being able to do what I love when I'm 80+ (Travel!Hike! Garden! Climb!)

Getting outdoors and into nature

Helping people move more and move better

Fortunately, many of these things go really nicelytogether. Not feet & chocolate so much. But the rest.

As I've been teaching private students over the lastfew years, I've realized more and more that mystudents really struggle with practicing the exercisesI give them as homework.

Even people who understand that it is 100%possible to look, move and feel younger and betterthrough smart movement and regular training, stillstruggle.

So I've been spending a LOT of time trying to figureout ways to support you adding more and bettermovement to your life.

One of my favourite ways to add movement is to rethink how we carry out our regular daily activities.Even when you don't have extra time to practicemoving, you can always changethe way you moveduring the day.

So today, I'm sharing an awesome way to work onyour hip strength, your foot strength, and yourbalance while you drink your morning coffee. Or tea.Or hot chocolate (Ha! Feet and chocolate DO gotogether).

Better Balance Is A Big Deal

Balance is a big deal – but one we don't usuallythink about until we lose it. Bad balance is a majorcontributor to falling. Falls can break bones andreally take away from your quality of life.

Plus poor balance leads to poor gait – have you everseen an older person shuffling along? That type ofwalk may get you around the planet, but it doesn't give you much in the way of better health.

Here's a super simple way to work on your balance every day – it's use it or lose it, myfriend! The good news? You can do this while you enjoy your morning coffee. Or whatever.

Find Some Balance

Upgrade Your Balance

So adding more balance to your real life is incredibly helpful, but I think we can do more.

See, there's standing on a block on one leg, and then there's standing on a block on one leg with good alignment and more muscle activation.

