

## FEATURED EXERCISE: HIP MOBILITY

Are you spending too much time sitting? We'll answer that for you...YES.

Here's a simple and effective technique to improve your hip mobility. It can also serve as a great warm-up for a workout, walk, or run. If you have hip arthritis or other condition, please consult with your Chiropractor to ensure this is right for you. We can guide you properly on how to get the most from this type of exercise.

- This can be done standing in place, with one hand on a chair or counter for balance if needed.
- Raise one bent leg off the floor and make a clockwise circular motion with your hip joint. Repeat 10 times.
- Now reverse direction: make a counter-clockwise circular motion with the same hip joint. Repeat 10 times.

