**4 Moves to Tighten Your Hips**

For people who lead lifestyles that aren’t very active, toning and firming up the muscles can be hard to do. You’re not sure what moves will make a different. A lot of people think that having a muscular body is all about eating right and that is a huge part of it, but a lean and toned body takes exercise as well as a healthy diet.

Thankfully, the legs are one of the easiest parts of the body to tone. If you’re walking daily than you’re getting some exercise and they are used of carrying your weight all day long. You might not think it, but walking and standing up makes a whole lot of difference.

If you’re looking to strengthen your hips and thighs even further, there are simple things you can start doing that would result in a lean and gorgeous lower body.

**Make Use of the Time You Are Sitting**

When you’re not active this can lead to your legs falling asleep. This is especially true after a long day of sitting and can be quite uncomfortable. In order to avoid this, use the time that you are sitting down. To do this tighten your hips and thighs during your commute. When your car is at a stop, try to contract your lower body over and over again.

Yes – this might be a little awkward. But the simple truth is that no one can see you and you’ll be helping your body. By doing this exercise you can increase blood flow, preventing your legs from falling asleep and strengthen your legs.

It doesn’t take much of a change to make your lower body strong!

**Exercise Upon Waking Up**

You might think that getting exercise means you need to schedule a time out of your already busy day to go to the gym. You can actually do some exercises right when you wake up – in bed! These will strengthen your lower body and tighten your hips.

To go this bring your feet together and open your knees to the sides. As you bring them back together, exhale.

**Leg Lifts as You Cook**

When you’re cooking is requires you to stand up a lot to make sure that your food doesn’t burn. Why not incorporate a quick workout into dinner while waiting for your pasta to become al dente?

Bring your foot up to the side with your arm on the counter as support. Do the same thing to the other side. Lift your legs over and over again – at least 10 to 15 times per leg.

Who knew exercise can go seamlessly along with cooking?

This doesn’t have to take long and can do wonders for your body to keep it strong and flexible.

**Walking By the Beach is More than Just Romantic**

Walking as a form of exercise is perfect for people who suffer from conditions that do not allow strenuous workouts. However, in order to kick it up a notch, try walking on softer surfaces like by the beach. This way your legs are challenged more.

Walking is deceptive because it doesn’t feel like it is giving you enough exercise, but it does. It makes your entire body move and when done on a regular basis you can start to feel differently in how you move. You’ll also notice a difference in how hard regular activities seem. Things you might not notice, but then when you’re not feeling your normal and in fact better you’ll really understand the impact at that time.

These exercises are ones that you can do when you’re doing other things. If you’re extremely busy then just take a few minutes out of your day and make a point of getting these done. You’ll see the difference.