Complementary Blog Post: 4 Moves to Tighten Your Hips

Subject: 5 Hip Slimming Exercises

[firstname],

It seems that one problem area that people – especially women – have issues trimming down is their hips. The fat latches on to them and doesn’t seem to want to give you a break. Thankfully there are some exercises that concentrate on the hips and will help you slim them.

Whether you want to reduce the size of your hips because of a special occasion or you just want to get into better shape – you can do that with these exercises:

1.Biking

One exercise where you’ll use tons of your leg muscles is biking. They target your lower body and tone while you’re getting fresh air. Don’t worry if you’re not able to get outside because a stationary bike works the same muscles and has the same impact as an outside bike.

2. Climbing Stairs

The simple act of taking the stairs to your work or during your errands will do a world of good to help you slim those hips. You’re engaging so many of your lower body muscle groups and targeting your glutes and thighs.

To make it a little more challenging take the stairs two at a time. You’ll get your heart pumping more and your muscles working double time.

3. Aerobic Exercise

Another way to get those muscles firm is to do aerobic exercise specifically catered to your lower body. You can get a DVD that will go through a workout routine that will help you firm your muscles and tone your legs.

4. Dancing

Dancing will trim your hips and legs very quickly. You might be surprised by how many inches come off when you start shaking those hips. One great dance to try is Salsa. You can take dance lessons in your local area or there are specialized DVD’s for this type of exercise.

5. Running

Another great form of exercise is running. You’ll engage your entire lower body and you’ll strengthen your legs while you trim those hips.

If you’re looking for ways to help you tighten your hips without additional exercise time – take a look at this blog post.

LINK

You’ll find ways to make use of the time in your day when you’re cooking and running errands. You’ll be able to exercise on the go.

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