Complementary Blog Post: 4 Moves to Tighten Your Hips

Subject: Why You Should Want Tighter Hips

[firstname],

There are so many different exercises to do and benefits that they provide, but do you know why you should be getting exercise for specific parts of your body? Like your hips. What makes them so important that these types of exercises need to be in your workout routine?

Tightening your hip muscles doesn’t sound like it should be at the top of your exercise to-do list, but you’d be surprised to learn that loose hips can cause some major everyday issues for you.

Check out the list below on what these affect:

Range of motion

The most notable issue is range of motion. When your hips do not work properly or are stiff and tight they will not be able to function in the full range of motion that they should. This could cause issues with walking, running, going up the stairs and a whole slew of everyday activities that you probably take advantage of the fact that you can do.

Low back pain

When you’ve got muscles that start to weaken you don’t even realize it until they give you problems. By not working on your hips you’ll start to weaken muscles that give you low back pain.

This is due to lack of use. The best way to strengthen them is target through specific exercises and to stretch.

Give you weak glutes

What do glutes have to do with your hips? They can cause the lower back pain if they are weak. Glutes help you with a whole range of moving your upper body, so they go hand in hand with tightening your hips.

In order to keep your entire range of motion you’ll need to strengthen both your hip muscles, as well as your glutes. Both muscles groups play an important role in how you move and what you are able to do. Make sure to keep both of them strong for your best body.

Need help with some exercises that will help you tighten your hips up? Check out the blog post that is on our site. You’ll find these moves helpful.

LINK

By incorporating specific exercises that target your hips you’ll be helping yourself in the long run. Right now it might not seem that big of a deal, but as you get older you’ll be thankful you still have your range of motion and can walk or take the stairs easily.

[Sign off]