



How to Get Slimmer Hips in Six Weeks

You'll also tone your legs, buttocks and even abs

by Eileen Livers



PELVIC BRIDGE

Lie on your back with your legs bent, hip-width apart, feet approximately eight inches from your buttocks. Keep your feet flat on the floor and parallel to each other. Raise your hips as high as you can (be careful not to go too high; you don't want your weight resting on your neck), squeezing your buttocks at the top of the move. Release down without letting your buttocks touch the floor. Squeeze up and release down 10 times (work up to a total of 20 squeezes).

This toning routine was designed to work all areas of your hips and buttocks. Do it at least every other day, and in six weeks you'll have slimmer hips, a more toned bottom, shapelier legs, even tighter abdominals.

Begin your workout with 15 to 20 minutes of aerobic activity, such as fast walking, to warm up muscles, burn calories and motivate your body to start burning fat. Follow with a series of stretches.

Always check with your physician before starting an exercise routine.

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MODERN ROVER'S REVENGE

Stand with your left arm on a chair or against a wall for support. Shift your weight to your left leg, keeping your knee slightly bent. Bend your right leg back so your knee is facing the floor and your foot is flexed behind you (your leg should form a 90-degree angle). Keeping your hips parallel, slowly lift your bent right leg to the side toward your hip until you feel your right buttock contract. Lower and lift again 20 times, without touching down. Switch sides and repeat.

Hip-Slimming Activities

These activities, recommended by **David Edelson, M.D.**, medical director of HealthBridge in Manhasset, New York, are a great way to get aerobic exercise and burn fat all over. And all target the lower body, especially the hips, outer thighs and buttocks.

For best results, do them at least three days a week for 30 minutes.

- Walking or running uphill
- Climbing stairs
- Kickboxing
- Step aerobics
- In-line skating
- Hiking
- Cycling
- Swimming, especially using a kickboard
- Deep-water walking or running
- Tennis
- Jumping on a trampoline



LYING LEG LIFT

Lie on your left side, head propped on your left arm, bottom leg bent for balance, right hip slightly forward and your right hand on the floor in front of you. Flex your right foot and point your toe down slightly toward the floor. Raise your right leg (your knee should be locked and facing front) until you feel the contraction in your buttocks, leg and hip. Be careful not to rotate your leg or let your top hip fall back. Don't worry if your leg does not go very high. The goal is to feel the contraction. Lower your leg, without touching down, and repeat. Do 20 slow lifts, then switch legs and repeat. **Not shown:** Working from the same starting position as above, slowly pulse your top leg up for three counts, then squeeze up on the fourth count. Do 8 sets, then switch legs.



THE PENDULUM

Lie on your left side with left elbow bent, hand supporting your head and your right hand in front of you for support. Bend your bottom leg slightly. Straighten your top leg and tighten your abdominals. Keeping the leg straight, bring your top leg in front of you and flex your foot. Slowly swing the leg back behind you, contracting your gluteals and pointing your toe, being careful not to arch your back. Swing back and forth 15 times using slow, controlled movements. Switch sides and repeat.

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LEG ARC

This move is best done wearing socks or with a paper plate under your working foot to create a better slide. Holding on to a chair or wall for balance, stand with your left leg slightly bent, right leg straight out in front of you, toe touching the ground. With your chest lifted and your back straight, contract your buttocks muscles and slide your toe from the front to the side to the back, making an arc with your foot. Your hip will rotate as you move your leg around your body. Return to the starting position by sliding your foot directly from back to front in a straight line, with your foot flat. Point your toe and do 9 more arcs. Switch legs and repeat.



MARTIAL ARTS KICK

Slide your right leg to the side, toe lightly touching the ground. Slightly turn your left heel to face your right foot and shift your weight to the left leg. Keeping your left knee soft (don't lock it), lift your right leg almost to hip level (or as high as is comfortable for you), with your knee bent and your foot flexed (it's OK if you lean to the left, but don't arch your back). Contract your buttocks muscles as you kick your right leg out to the side, leading with your heel, stopping just before your leg is fully extended. Keep your eyes on your foot as you do this move (as if you were targeting your enemy). Tap your right leg back down to the floor without shifting your weight from your left leg and kick out again to the right. Repeat 10 times, then switch legs and repeat. Work up to 20 kicks per leg. Hold on to the back of a chair or touch the wall for balance if you need to.

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“This simple program can be done at home—no special equipment needed”



SQUAT PLUS SIDE-LIFT

Stand with your feet hip-width apart, hands on upper thighs or arms outstretched in front of you at chest level or resting on the back of a chair for balance. Bend your knees and push your body back as if you were about to sit on a chair. Be careful not to tilt your upper body too far forward. Squeeze your buttocks muscles as you raise your body up, lifting your right leg to the side as high as you can without rotating your hip or leg or tilting to the side or front. Be careful not to lock your supporting leg. Keep your foot flexed and your knee facing front. Return to a squat position and repeat 10 times, then switch legs and repeat. Work up to 20 squats per leg.

THE EXPERT

David Edelson, M.D., medical director of HealthBridge, a Manhasset, New York, MediSpa specializing in medically supervised weight loss, fitness training and nutrition therapy.

WANT TO KNOW MORE? Visit www.womansday.com/health for more exercise tips.