

# Tips for Keeping Hip Healthy

## **Stay Active:**

Engage in regular, low-impact exercises to strengthen the muscles around the hips and maintain flexibility. Activities like walking, swimming, and cycling are generally good for hip health.

## **Practice Good Posture:**

Maintain proper posture while sitting, standing, and walking to reduce strain on the hips. Avoid excessive slouching or leaning.

## **Stretch Regularly:**

Incorporate hip stretches into your routine to enhance flexibility. Focus on exercises that target the hip flexors, abductors, and external rotators.

## **Strengthen Core Muscles:**

Strong core muscles provide support to the hips. Include exercises that target the core, such as planks and bridges, in your fitness routine.

## **Use Proper Footwear:**

Wear supportive and comfortable footwear to maintain proper alignment and reduce stress on the hips. High heels can alter your gait and affect hip mechanics.

## **Avoid Prolonged Sitting:**

Take breaks from prolonged sitting to prevent stiffness and reduce pressure on the hip joints. Stand up, stretch, and walk around regularly, especially if you have a desk job.

## **Cross-Train:**

Mix up your exercise routine to avoid overuse of specific muscles and joints. Incorporate a variety of activities to promote overall joint health.