

## RESISTANCE BAND WORKOUT FOR HIP STRENGTH; NO GYM REQUIRED

TIME IS IN SHORT SUPPLY DURING THE HOLIDAYS and it may not be possible to travel to and attend favorite studio fitness sessions or get in a gym workout. Organizing and packing up necessities beforehand, changing, and cleaning up afterward can add more minutes to the time investment you can seem to afford.

Renee Cherry offers 6 hip strengthening exercises in an article for SHAPE.com that you might find helpful during this busy holiday season and afterward. The moves can be performed while watching a show. Possibly some will find them difficult due to balance issues. Hold on to a stable piece of furniture or a wall initially; ultimately balance should be improved!

Building hip strength is important for runners, the expert referenced in Cherry's article indicates, "since running builds up the quads, calves and hamstrings more than the hip area muscles, runners often develop a muscle imbalance which can cause injury". Thus, it's important to perform additional strength training that focuses on hip strength.

If at the end of the day there's no time for your regular workout, consider these 6 resistance band exercises in an at-home session.

RUN & MOVE HAPPY!

<https://www.shape.com/fitness/workouts/mini-resistance-band-exercises-hip-strength>