

## Editor's Note



I have to admit that I used a counter to lean against when I did today's exercise so I wouldn't fall over! But this feels great and it gets you up from your desk which is an added benefit. Once I got into the groove, these leg lifts felt really good, and it seemed a shame that I have to sit down again and work!

Gail Perry  
Editor-in-Chief  
[editor@accountingweb.com](mailto:editor@accountingweb.com)

## Day 50: March 14, 2012

### Day 50: Leg Lifts for Your Hips

This standing leg-lift exercise targets your outer hips, glutes, and quadriceps. Hip exercises can help alleviate back pain and stiffness and improve your work productivity.

**Step 1:** Stand with your feet hip-width apart and put your hands on your hips.

**Step 2:** Slowly, for a count of three, extend your right leg to the side and up to hip height (or as high as you can go). Be sure to keep your inner thigh parallel to the floor.

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Indianapolis, IN 46240

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