

Editor's Note



You'll love doing the pliés because they make your legs feel great. I took ballet lessons as a little girl and somewhere there are still pictures of me in my lime-green tutu dancing to "On the Good Ship Lollipop." My mother saw quickly that my future was not on the ballet stage, and, mercifully, she pulled me out of class and signed me up for music lessons instead. Good move, as that's what led me to study music in college and then ultimately follow a path of journalism and accounting. My life in a very small nutshell. Ballet memories are among my earliest, and my best friend came from ballet class, so it was all meant to be.

Gail Perry
Editor-in-Chief
editor@accountingweb.com

Day 63: April 2, 2012

Day 63: Pliés

Pliés are one of the best leg exercises to tone and strengthen the inner and outer thighs, without putting a lot of stress on the joints. Ballet dancers have some of the strongest thighs of anyone on the planet, and the plié is the first step students learn. If you're curious, the French word "plié" (plee-AY) means "to bend."



Step 1: Place your hand against a wall or hold on to the back of a chair for balance. If you have good balance, you can place your hands on your hips.

Step 2: Take a small step out with each foot about shoulder-width apart. Turn your feet outward.

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