

Hi, I'm Jessica Marcuson, and welcome to my series, heat up your hips. So the most effective way to get strong hips is to make sure that you're also working your feet. And when your feet are not engaged and firing up all the muscles of your lower leg, then your pelvis is not properly supported from the ground up.

When you actually use your feet, you'll find that you can strengthen your hips more effectively, reduce strain on your knees, and you'll find that complete lower body strength and stability that you need. The goal of each of these classes is to, number one, bring awareness to what your feet are doing, then teach you how to find better alignment in the feet, which in turn will help you find better balance through all the muscles around your pelvis and your thighs, which, of course, will help support everything up above the low back, the ribs, the shoulders, the head.

It's all connected. So we need to build a strong base starting from the feet. So as you work through this series, you'll feel how using your feet improves your hip, glute and pelvic function. And if you feel as though you overwork some muscles, you'll find that they naturally relax as you wake up the inactive muscles.

This series is for you if you've already been doing Pilates before and you're looking to deepen your functional integration of your feet to your hips and gain more strength in your lower body. And why do we need strong hips? First and foremost, you need strong hips for a healthy gait pattern.

We walk everywhere, and that'll, of course, improve activities like climbing stairs, playing sports, balancing, running around with your kids, everything, uh, that requires your hips. I spent so much of my life wearing tight shoes and heels, so I had really sleepy feet that were just unengaged and weak. And because I didn't have any strength in my feet, I didn't even know how to engage them in my workouts.

So I started small with the isolation exercises from Class 1. Trying to lift the toes, engaging the arches of my feet. And the more I worked on it, the more I could feel my hips engaging in a totally different way in my workouts. So I hope you'll join me for this series and I'll see you in class.