

SPORT & FITNESS

5 WAYS...

...to relieve the pressure of wearing gorgeous heels, by David Higgins

ONE

Relieve those aches and pains after a day in your heels by rolling the arches of your feet on a tennis ball.

Reduce the tight feeling in your calves and hamstrings by simply bending over and touching those toes – you'll feel a fantastic stretch right down the back of your legs.

TWO

Wearing high heels forces your pelvis to tip forward, creating unnecessary pressure on your lower back.

So learn how to engage and strengthen core abdominal muscles to combat this unwanted pressure in the lumbar spine which could eventually cause lower back pain. A great exercise that is guaranteed to do this successfully is 'The Plank' [lie face down on a mat resting on the forearms, palms flat on the floor; push off the floor, raising up onto toes and resting on the elbows; keep your back flat, in a straight line from head to heels].

THREE

Find a workout that challenges your balance by incorporating a reformer or wobble board or bosu ball.

This greatly engages the core and challenges the deep stabilizing muscles throughout the body.

FOUR

Learn to engage and strengthen stabilizing muscles for the neck and upper back to protect the neck and shoulders.

Tell yourself 'Shoulders back and eyes up'. As soon as you start to look down your posture is out of position.

FIVE

For every inch your head is away from your neutral position, the weight and pressure on your neck doubles, and wearing high heels naturally makes you lean forward.

So get your body back in its natural neutral position. A quick tip: to strengthen your neck muscles, think about a 'double chin' position.

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