



RUNNING IN HEELS?

Two experts offer daily moves to keep you up and at 'em

THE SURGEON

Spine surgeon and neurosurgeon Adam Lipson, MD

Counteract strain to the lower back, hips, and spine with pelvis tilts, which build the abdominal core and loosen hip flexors: Lie face up with knees bent and feet flat. Lift hipbones a few inches off the floor. Hold for a beat; lower to the mat. Do 20 reps daily.