



hulaerobics

I'm sure lots of you will remember playing with a hula hoop as a child, but the trend dates even back further than this – to 3,000 years ago when in Egypt they were made out of grapevines!² The word “hula” was added to “hooping” in the 18th century in Hawaii when the similarities were noticed with hula dancing. Today, hula hooping is very much back in fashion and the hula hoops are very dynamic in design – some feature massage wheels and even a container to change the weight using sand or water. Hula hooping is very skillful and requires coordinated oscillations of the body. It is an effective workout which means you can tone your waist and thighs at the same time as acting the big kid! For more information on classes visit www.virgininactive.co.uk or to purchase a hula hoop visit www.funkeyhula.co.uk