



Funkey Hula: a new spin on the 1950s toy

hula hoop with a difference

It may have been around since the 1950s, but the hula hoop is making a comeback as a popular and fun way to exercise in the UK. And now Funkey Hula, a new take on the traditional hula hoop, has been designed to offer even more benefits to the body.

The hoop is oblong in shape and 37 inches in diameter. It has a number of wheels located on one inner side and its weight can be altered from 1.2kg up to 3kg by filling it with water, rice or sand.

It has been created to help reduce fat deposits at the hips and waist, stimulate acupuncture points and provide a massaging effect through the wheels, as well as to improve blood flow and bowel function and protect against lumbago.

For details, visit: www.salveo.co.uk

Picture: courtesy of David Lloyd Leisure