



# TOTAL TONE – HOOP FITNESS CLASS

TUESDAY 08:45 – 09:30, DIE HAGHE BLDG

This class uses a weighted hoola hoop to tone every part of your body! It's easy it's fun and it's crazy. The hoop is used to do a wide variety of toning exercises including the fun bit - hoola hooping. This class is for anyone and everyone. Bring water, a towel and your sense of humour!

Hoops are limited so sign up early to avoid disappointment.

## Health Benefits:

Hoop Fitness is cardio without counting. Hooping improves core strength, tones your stomach, arms, thighs and butt. This is a low-impact, high-energy workout that can burn approximately 400 - 600 calories in an hour. It works more than 30 core muscles to sculpt abdominals, builds muscle as well as strengthens them. It also improves balance, flexibility, and cardiovascular health. Hooping is also an excellent way to relieve the stresses and strains of everyday life. Not only does your body benefit, hooping also improves your balance and posture, increases coordination. Hooping is good for your body and good for your soul. And it makes you smile!

## Spiritual Healing:

The rhythm of hooping has been likened to being rocked as a baby, a form of meditation, and a spiritual path to enlightenment. Hooping has helped cancer survivors reclaim their bodies, helped lift people out of depression, provided a way to silence the outside noises and find inner peace. Hooping activates the chakras and stirs your energy. In fact, chakras mean circle or wheel in Sanskrit. This recharged energy helps to rebalance your chakras so that they are all working at their highest level. As energy moves up the spine, it helps to open the central energy channel in your body.

## Mental Benefits:

In addition to physical and spiritual benefits, hooping stimulates the brain, learning a new skill helps keep the mind active, strengthening neurological pathways, thus reducing risk for dementia. Hooping promotes happiness, self-esteem, confidence, laughter and has been reported to improve libido!

## Bone Health :

Hooping has also become popular for countering osteoporosis as a gentle weight-bearing exercise. As hooping stretches and strengthens the core muscles of the torso, it also improves posture and balance. Hooping can increase the mobility of the spine and hips, which helps ensure that joints remain flexible and strong.

