



**July BeFIT Instructor Spotlight
Jessie Zielinski, Hoop Fitness/Dance**

I am a true example of why anyone can hoop. It was never something that I was skilled at as a child or even interested in. However, just four years ago, I became determined to teach myself to hoop. At first I wanted to learn because I heard it was excellent exercise, but then hooping became a true addiction. Ever since, I have challenged myself and have had an amazing time doing it. I now make my own custom hoops and a variety of weighted hoops. Through hooping I have found nothing but joy, therapy and a wonderful way to exercise!



Hooping - Effective Workout or Child's Play (Excerpts taken from ACE Article)

Are you looking for another great way to burn some calories at BeFIT Health Studio? Hoop Dance is serious exercise using your hoop and favorite music to twirl to the beat. As much a form of self expression as great exercise, hooping style is very individual. Hoop Dance will give you the building blocks and resources to find what that style is. Breaking down steps and piecing techniques together slowly, you will learn how to modify, change or just start fresh and make your own fancy moves.

First Lady Michelle Obama does it. So does pop superstar Beyonce. Same goes for actress Marissa Tomei and even basketball icon Shaquille O'Neill. We're talking about hooping, the modern evolution of the hula hoop.

Modern hooping started primarily as a form of dance expression using larger, weighted hula hoops, but in recent years it has found its way back into the fitness world. Trendy gyms like Crunch and Equinox have incorporated hooping into Pilates and yoga classes, while hooping-specific classes and fitness studios are also blossoming around the country. These hooping classes generally incorporate a wide variety of hooping choreography and dance music into a fun and fast-paced group workout.



In a recent study aimed at determining the cardiovascular and calorie-burning benefits of hooping, researchers were really impressed by the results.

"Hooping compares pretty favorably with most other group classes, in terms of heart rate and calorie burn," says John Porcari, Ph.D. In fact, exercisers can expect similar results from hooping as they'd get from boot-camp classes, step aerobics and cardio kickboxing—all of which meet fitness industry criteria for improving cardiovascular fitness. Also, by burning approximately 210 calories per 30-minute session, hooping falls within accepted guidelines for exercise that can contribute to weight management.

In addition to the hard data the researchers uncovered, Porcari suggests that given the variety of movements in hooping it should be considered a total body workout that has the potential to improve your flexibility and balance while strengthening and toning the muscles of the back, abdomen, arms and legs. The rhythmic nature of hooping may also be relaxing and almost meditative for some.

Although a proper study needs to be done to substantiate hooping's long-term fitness benefits, Jordan Holthusen, M.S., says one thing is certain:

"Hooping is fun."



Exercise of the Month

Stability Ball Knee Tuck Pushup

Muscles worked: chest, abdominals, triceps, shoulders, hip flexors

Benefits: The stability ball push-up and knee tuck is a two-in-one workout that focuses on your chest and abs while simultaneously improving overall core muscle strength, balance, and concentration. It's a bit tough to master the movement and balance, but the many benefits of this exercise make it well worth the effort.

Demonstrated by Justin "Flex" Hendelson

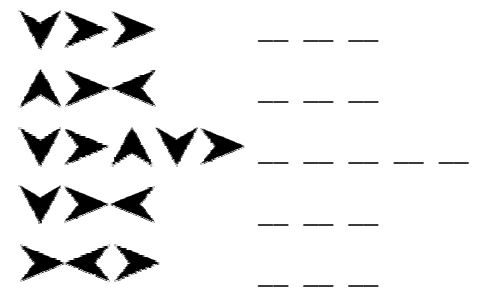
Upcoming Events

Contact us for information

- 7/4 Firecracker 5k
- Hunter Vision Watermelon 5k
- 7/6 Highlander "Intimidator" Edition
- 7/19 BeFIT One Year Anniversary Party**
- 7/20 Splash n Dash Fun Run

Brain Teaser

Each of these sets of arrows represents a word - what are the words?



Hint: Where else might you see arrows and letters together?