

Preventing Women's Heart Disease Through Education



CAROL For Heart

Exercise #12: The Hula-Hoop

It's as simple as it sounds!

The hula-hoop is a great way to get a low impact cardiovascular workout, which works on strengthening your core. Core strength is very important. Your core is your mid-section, which includes your abs (stomach), gluts (backside), quads and hams (front and back of your upper thighs). AND you never have to leave your 2 foot square space on the floor.

The exercise:

No hoop necessary! Keep one foot in front, with your feet about a foot apart. Swing your hips front to back, while standing in place, pretending you are keeping the hoop above your hips. Switch sides, put the other foot out in front-one side may seem easier, or less awkward. (It's like being right or left handed).

Add some arm movement to increase your cardiovascular workout (get your heart beating).

"This exercise is a specialty for all CAROL For Heart programs."

For more information, visit us at: www.CarolForHeart.org