Changing the world one hula hoop at a time!

It's third grade and you're lined up on the way to P.E. class. Your teacher walks you into the gym and you are told to sit in your assigned alphabetical row. Today's activity: hula hooping! Everyone around you cheers, and then the P.E. teacher claps five times, and your peers automatically mimic her because they know clap sequences mean quiet.

When it's time to play, the boys begin to have hula hoop wars, in which they attempt to knock each others hoop down; and the girls gather in circles giggling while they hoop. The P.E. teacher blasts popular, but kid-friendly songs of the 90s, such as "Achy Breaky Heart," or "Macarena." Ah the memories.

It was cool then so why not now?!

If the Rec had hula hoops laying out by the medicine balls would you use them? Probably not.

For some odd reason hula hoops are generally associated with childhood and most adults would never use one in public.

Hula hooping is a great cardio and abdominal workout, and I think that it should be just as socially acceptable as running or lifting weights. Every type of workout looks funny if you think about it. C'mon the yoga tree pose? Hilarious. Or what about the row machine? Gets me every time. I found a website called "bettyhoops," about a woman who has her own hula hoop studio- but that's a different story. Were talking about the general public's attitude here, and it's negative!

Therefore, I set out to change the world- one hula hoop at a time.

I held an impromptu hula hoop contest in the middle of the Rec Tuesday. Patrons were reluctant to participate, but I was able to persuade five brave souls into picking up a hoop.

"We have to do it right here?" one patron asked.

"Yup. Right here," I said.

So they spread out in the middle of the main weight room and began to hoop.

Watch the results:

http://www.youtube.com/watch?v=-jHcfKAguPA&feature=youtu.be

Health benefits of hula hooping:

- Weight loss
- Increased energy
- Waist, hip and knee strengthening
- Improves coordination
- Tones abdominals and arms

Has anyone seen the Friends episode where Phobe runs like a crazy person in the park, so Rachel makes up an excuse not to run with her? Well in the end Rachel realizes Phobe's way is more fulfilling because it frees the soul and makes her think of childhood. SO, whether it's in a dark room by yourself, or in the Rec, I think you should give hula hooping a try as part of your next workout. You might be surprised. As always, leave your questions or comments in the box below!

YOUR inside connection to Campus Rec- Steph