Twirl Hoops

“Get your Twirl On!”

**Welcome:**

I discovered hooping in August of 2012, and I have never felt better. Hooping exercises every part of your body and makes you feel great about yourself. Playing with a hoop works up a nice sweat, and like any cardiovascular exercise, it can really help with stress and brighten a bad mood. Hooping is simply a lot of fun, and I’m a firm believer that fun is healthy!!!

Hooping is way more fun that the hula hooping you remember as a child, because the bigger and heavier the hoop, the slower it rotates around your body. This means that even if you think you can’t hoop, with one of these hoops, you can!!!!! Everybody can hoop, regardless of age, shape, or sense of rhythm. When you are using a customized hoop, the rotation is slow enough that even clumsy amateurs can keep it going- and it’s not too hard to get into dancing and learning a few tricks.

**Hoop Care:**

If you are new to hooping and want to keep your hoop looking good, I would suggest hooping over soft ground such as carpet or grass and steering clear of hard surfaces like concrete which can damage the tape job on your hoop. That being said, every time I see a hoop that someone has bought from me that is a bit beat up, it makes me very happy because that means the person is using it!! Being a new Hooper, your hoop will hit the ground (and the wall, and your face) A LOT!! It is to be expected when learning. Your hoop will eventually show a bit of wear and tear, but unlike store-bought hula hoops which might last a week before getting ruined, my hoops are practically indestructible with normal use. These hoops do not kink, break, or come apart like a typical children’s hoop. They are extremely durable and I only use the highest quality materials.

**Folding a Collapsible Hoop:**

Folding and unfolding your hoop is very easy and only takes a few seconds. First, position the hoop with the joints at the top and bottom of the hoop. Grasp the hoop with both hands on either side of the top joint and place your foot on the hoop near the bottom joint. Push down slightly while turning your hands in opposite directions. The hoop should begin to take a figure 8 shape. Last, fold the two parts of the 8 on top of one another. The tube will twist on the connectors at the joints. If you want to watch a video on how to do this just search YouTube. DO NOT STORE YOUR HOOP IN THE FOLDED POSITION. It will be out of round when you unfold it. If this does happen, work the hoop back into round as much as possible. Lay it flat on the floor and keep working it every 30 minutes or so.

**Resources:**

You can find my products and classes on my website at [www.TwirlHoops.com](http://www.TwirlHoops.com). You can also find me on YouTube and Facebook. Links to both sites are on my website.

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