

METHOD OF EXERCISING USING A HOOP

Field of the Invention

The present invention relates to fitness exercises using a hoop. More particularly, it relates to a combination of exercises which propose to exercise the body in a holistic manner, combining Eastern and Western wellness beliefs, which promotes weight loss and enhanced health well-being.

Background and Description of the Prior Art

A wide variety of fitness exercises are known. With city living life style and increased work pressure, most people find ways to exercise to maintain general health and wellness as well as a way to relieve stress.

Aerobic type fitness exercises in particular are presently highly popular. These exercises are often enhanced by weights, steps, and other exercise aids. Such aerobic exercises increase the value of the exercise; resulting in greater strength and endurance gained over time. However aerobic exercises are not sufficient to promote enhanced health well-being.

Aerobic exercise (also known as **cardio**) is physical exercise of low to high intensity that depends primarily on the aerobic energy-generating process. Aerobic literally means "relating to, involving, or requiring free oxygen", and refers to the use of oxygen to adequately meet energy demands during exercise via aerobic metabolism. Generally, light-to-moderate intensity activities that are sufficiently supported by aerobic metabolism can be performed for extended periods of time. When practiced in this way, examples of cardiovascular/aerobic exercise are medium to long distance running/jogging, swimming, cycling, and walking.

Then there is another type of exercise. Examples of anaerobic exercise **include:** heavy weight-lifting, all types of sprints (running, biking, etc.), jumping rope, hill climbing, interval training, isometrics, or any rapid burst of hard exercise. Anaerobic exercise is short-lasting, high-intensity activity, where your body's demand for oxygen exceeds the oxygen supply available. Anaerobic exercise relies on energy sources that are stored in the muscles and, unlike aerobic exercise, is not dependent on oxygen from (breathing) the air. **Examples of anaerobic exercise include:** heavy weight-lifting, all types of sprints (running, biking, etc.), jumping rope, hill climbing, interval training, isometrics, or any rapid burst of hard exercise.

Then there are those who wanted variety in exercising adopting both aerobic and anaerobic exercises. Gyms offer a variety of such exercise routines but again time and money are both

required to experience the variety of exercise equipment in gyms in order to have both aerobic and anaerobic exercises.

Pilates and other forms of exercises are directed at improving flexibility, body alignment, coordination and balance, emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

Hula Hooping exercises the core muscles, improves balance, flexibility, dexterity and coordination. It tones and reshapes the abdomen, buttocks, and legs. It provides an alternative to going to a gym. Hooping is high cardio, a low-impact, high-energy workout that can burn approximately 400 - 600 calories in an hour. If the hoop used is a weighted rattan hula hoop, additional benefits would be derived.

It is also observed that some types of exercises also directly benefit the lymphatic system, which is part of the circulatory system and a vital part of the immune system. Unlike the blood circulatory system, the lymphatic system does not circulate on its own. Instead the lymph system depends on intrinsic contractions of the smooth muscle cells in the walls of lymph vessels (peristalsis) and the movement of skeletal muscles to propel lymph through the vessels to lymph nodes and then to the lymph ducts which return lymph to the cardiovascular system. Thus the circulation and consequently well being of the lymphatic system and also the body depends on movements of the limbs of the body which propel the lymph fluids. Exercising on a hula hoop not only is another form of exercise for weight loss and improvements to cardio vascular systems but at the same time moves the lymph in the lymphatic system.

The Chinese have their own systems of exercises such as Tai chi and Qi Gong which promotes internal wellness, flexibility as well as improves coordination and balance. The movements in Tai Ji, Qi Gong and other Chinese form of physical exercise also emphasise movement and circulation of "Qi" (or life force) along what is referred as "meridians" (described as channels in the body through which "qi" flows. Qi Gong and Tai Ji (or Tai Chi) and similar Chinese based exercises also develop the core as well as teaches the user to handle stress through relaxation and application of pressure at specific acupressure points.

One of the main benefits of any form of exercise is release of Endorphins. Endorphins is a kind of chemical compounds that are produced by glands in the lower brain, which is able to make an impact on someone's happiness and make she or he more comfortable. This is because people who are doing sports wear hula hooping looked pleased and happy even accompanied by jokes and laughter when exercising together. That means there is increased production of endorphins in the brain through the exercises. Release of endorphins can also relieve stress and depression.

It is observed that while exercising promotes well being, there is not a complete exercise regime which offers all types of exercises to tone the body, improved internal well being, improve coordination and flexibility, strengthen the core, massage the lymphatic system, provide acupressure at certain vital meridian points in the body of the user, teaches the user relaxation techniques and handle stress and at the same time promote weight control as well as offer aerobic and anaerobic benefits.

Benefits of Hula Hooping for diet and burn belly fat is the number 1 exercise in the world, but there's more benefits than this two main benefits. Generally, hula hooping is a children's toy, but it is actually an exercise device which the user swirls around the body utilizing the user's swaying hips. Hula hoop is not just an exercise with a circle looped around the hips up, but hula hooping is a serious exercise that also requires concentration about how to keep the circle round to survive and continue to turn it at the hips in a certain period. Therefore, factors such as diameter of the hoop and the type of material used is also an important point for the user. The larger the diameter of the hoop, it is usually easier to play (playing at the hip). The weight of the hoop is also a factor as the heavier the hoop, the easier it is for the hoop to spin.

At a serious level, hula hooping usually included in a series of exercises or aerobics classes at fitness centres. It is because the constant movement of the hips when rotating hula hoop is good to keep our body in shape as well as a calorie burner, where it is the main goal of most people who attend exercise or aerobics classes. People who join hula hooping have the body that looks more ideal and more slender than people who not join it.

The inventors have found that each type of exercise suffers from some form of drawbacks. It would seem that a person must perform a variety of different types of exercise in order to exercise the entire body, improve coordination and flexibility, strengthen the core and at the same time promote weight control as well as offer aerobic and anaerobic benefits. Even this approach would require spending much time exercising each type of exercise, which is quite impractical for many people who have insufficient time to exercise in the first place. This approach would also mean spending an ordinate amount of time to reap the benefits of each type of exercise, which is highly inefficient.

The inventors have design a complete exercise regime using a weighted hoop which offers all types of exercises to tone the body, improved internal well being, improve coordination and flexibility, strengthen the core, massage the lymphatic system, provide acupressure at certain vital meridian points in the body of the user, teaches the user relaxation techniques and handle stress and at the same time promote weight control as well as offer aerobic and anaerobic benefits. Finally there is the release of endorphins, which would help the user to be more

relaxed possibly relieving stress and depression.

Although the user starts with a weighted hoop, the user may also wear weights on the wrists and on the legs, to improve the efficiency of the exercises as well as offer more improvements to muscular and skeletal parts of the user.

Hoop exercises and hoops have also been subject of patents.

US 8 025 549 describes a hula-hoop, which applies pressing force in a vertical direction as well as in a horizontal direction. When the hula-hoop is rotated, thus achieving a good exercise effect, and which performs an acupuncture action and a compression action using acupuncture protrusions. The hula-hoop includes a first and second rings, protruding parts and grooves are alternately provided on the first and second rings. Streamlined body pressing space is defined between the grooves by attaching inward protruding parts to each other, so that the waist flesh is pinched between the grooves, thus providing pressing force in a vertical direction.

US 6,712,779 B1 describes a hoop device for aerobic exercise and massage that includes a rigid weighted core that is preferably constructed of a steel rod or tube that is configured into an annular shape and a sleeve constructed of a soft foam material that surrounds the core forming a hoop. The hoop is placed around a waist or other body part of a user to travel around the body part upon rotation providing exercise with the foam sleeve to cushion the effect of the core against the body. The sleeve can also have circumferential ribs separated by circumferential troughs to provide knob-like undulations to massage the user while rotating the device around his or her body.

CN 204050771 U is an invention for a hula hoop with a swimming ring. Comprising a hula hoop body and the swimming ring. The swimming ring is arranged in a cavity of the hula ring body, an annular opening is formed in the periphery of the hula hoop body, a zipper surrounding the hula hoop is arranged on the edge of the annular opening, the swimming ring is arranged to an annular unsealed structure, a swimming ring air cock is arranged at an open end of the swimming ring, the semicircle, close to the circle center of a ring, of the hula hoop body is called an inner semicircle, the other semicircle is called an outer semicircle, the inner semicircle is arranged to be of a thick structure, and the outer semicircle is arranged to be of a thin structure. When playing outdoors, people only need to take the hula hoop and do not need to additionally take a swimming ring, and the hula hoop is convenient to use and practical and meanwhile increases fun of use.

CN 203329264 U is a utility model for fitness weight losing hula hoop which comprises an elastic hoop, a connecting round wheel connected on the elastic hoop, a pulling rope I, a pulling rope

II, balance weights with balance weight hanging rings arranged at both the top ends and the side walls, hooks, a holding rod with a handle arranged on the lower portion and a semi-ring movably arranged at the top end of the holding rod. The hooks are arranged on the balance weight hanging rings, the pulling rope I is connected between the connecting round wheel and the hooks of the balance weight hanging rings on the side walls of the balance weights, and the pulling rope II is connected between the semi ring and the hooks of the balance weight hanging rings at the top end of the balance weights. The fitness weight losing hula hoop is simple in structure, convenient to use and carry and capable of adjusting weight of the balance weights according to needs, meanwhile, exercising portions are many, the training effect of the whole body is good, and interestingness is strong.

CN 201855522 U is an invention for multifunctional massage hula hoop. The multifunctional massage hula hoop; comprises of a hoop body which is plastics which is mixed with jade, pearl, charcoal and negative ion active substances and components, or is made of the plastics; the inner side of the hoop body is provided with convex massage columns with large and small sizes; and magnetic sheets are arranged on the large massage columns. When the multifunctional massage hula hoop moves, the jade and the charcoal negative ions can promote the activation of bowel movement, so as to remove the corrupted protein and excess fat caused by obesity, and long termed acid stool and gas in the body; the pearl can improve the immunity, prevent the skin from being aged, improve the moisturizing effect, and promote blood circulation and cell regeneration; bionic ceramics radiates infrared rays which benefit to the body, increases the energy in the body, recovers the muscles from fatigue, and promotes the metabolism; and a magnet has significant effects in promoting the metabolism, removing garbage in the body and preventing diseases and builds up a perfect body and the combined hoop body can be detached and stored.

What would be preferable is a set of exercise routines which combine the benefit of each type of exercise routine or system and also promotes internal well being, improve coordination and flexibility, strengthen the core and at the same time promote weight control as well as offer aerobic and anaerobic benefits.

What would be prefer is a set of exercise routines which is specifically tailored to combine the benefits of each type of exercise routine, thus saving time for the person in going through all the sets of exercise routines.

SOLUTION

The present invention attempts to overcomes the drawbacks of each type of exercise routine by combining specific movements with a weighted hoop spinning at different parts of the body

such as thighs or waist in order to exercise the core, provide acupressure to certain points in important meridians, provide aerobic and anaerobic exercise, improve coordination and flexibility, toning of muscular system, at the same time promote weight control as well as through movements of the body improve circulation of lymphatic system and overall promote general wellness, aerobic and anaerobic benefits.

The hoop is not only weighted but its weight customizable based on the user's fitness objectives.

The present invention offers a low cost integrated set of aerobic and anaerobic exercise routines which would exercise the core muscles, improves balance, flexibility, dexterity and coordination, massage some meridian points, improve circulation of lymph in the lymphatic system, as well as tones and reshapes the abdomen, buttocks, and legs, all using a weighted hoop which may be carried out anywhere with minimal space requirements.

SUMMARY OF INVENTION

A first objective of the invention is a method of body exercising using a hula hoop by an user comprising the steps of:

whirling the hoop to the waist or the hip of the body of the user;

turning the hoop to rotate along the waist with hand and leg coordination;

turning the hoop to rotate along the thigh with hand and leg coordination;

performing leg and hand exercises while the hoop is rotating on the waist;

twirling the hoop around the meridians of the exerciser and to massage the body muscle of the user; and

stopping the rotating of the hula hoop when both the arms and legs are being closed.

Preferably the method further comprises the step of: wearing on wrists or legs of the exerciser weights or the like to train the muscle of legs and hands of the user.

Alternatively, the method includes the coordination of the legs and hands and the body thereby improving body flexibility and dexterity, and balancing.

Preferably, the weight of the hula hoop is adjustable to fit the physical and training requirements of the user.

Preferably, the weights are attached to the wrists of the user.

Preferably the weights are attached to the legs of the user.

Preferably, the hula hoop during its movement or whirling touches the core or what is referred to as the “Dan Tian” , and massages the meridian points along the lower abdomen of the user.

Preferably the hula hoop can be made to an adjustable length or a plurality of corrugations on the hula hoop to enhance the effectiveness of massaging of the body of the user.

Preferably, the twirling of hula hoop tones and reshapes the abdomen and buttock of the user.

Preferably each movement of the hula hoop is incorporated with elements of Qi Gong.

Preferably movement of the hula hoop incorporates elements of lymphatic massage.

Preferably each movement of the hula hoop incorporates muscular training.

Preferably each movement of the hula hoop incorporates physical coordination.

Preferably each movement of the hula hoop is performed aerobically and/or anaerobically.

DESCRIPTION OF THE DRAWINGS

For a better understanding of the invention, its advantages, and the objects attained by its use, reference should now be made to the accompanying drawings. The accompanying drawings illustrate some embodiments of the invention and together with the description herein, serve to explain the workings and principles of the invention. The features of the inventive device as shown in these drawings are illustrative of their functions but their positions within the device are not fixed. The features of the inventive device show their relationship but their size and dimensions are not indicative of the actual parts in the inventive device.

Fig 1 is a set of exercise moves.

Fig 2 is another set of exercise moves.

Fig 3 is another set of exercise moves.

Fig 4 is another set of exercise moves.

Fig 5 is another set of exercise moves.

Fig 6 is another set of exercise moves.

Fig 7 is another set of exercise moves.

Fig 8 is another set of exercise moves.

Fig 9 is yet another set of exercise moves.

Fig 10A and 10B is a set of exercise moves consisting of two sub routines.

The movements are illustrative of the type of exercises of this invention. The sequence of the drawings provided herein do not necessarily show the sequence in performing the steps in this method of exercise using the hoop. These drawings are not in any way the only exercise routines of the invention and are not therefore not to be limiting.

DESCRIPTION OF PREFERRED EMBODIMENTS

The type of exercises using a weighted hoop are tailored to build up the confidence and fitness level of the user so that eventually the user would be able to handle the more demanding exercise moves which naturally offers more benefits to the user. The inventors have also prepared a course structure which again is illustrative and not meant to be limiting:-

All drawings show the beginning step, intermediate steps and the ending step. Each movement may also be performed by the user using weights in order to increase the effectiveness of some moves. Weights may be attached to the wrists or legs or in some exercise, attached to both the wrists and legs.

The weight of the hula hoop may also be adjusted, depending on the fitness level of the user as well as the stage in course structure the user is in.

In all these exercises, music is used to encourage the user to complete the exercises as well as to provide timing of steps.

Even though the user is referred to as a feminine person, "she", the user can also be a male person.

The hoop would be twirling around the use's core or what is referred to as the "Dan Tian", massaging the meridian points along the lower abdomen.

Figure 1

The user uses the hoop and turns the body to one side and then to the other side. As the user turns to one side, her hand is extended out to the same side and she steps out to the same side. These moves are performed at the same time when the user is using the hoop.

This routine requires hand and leg coordination while using the hoop. It is possible for the user to wear weights on her wrists or legs, thereby introducing the feature of muscular training.

All the hand fitness routines require core engagement so the body is stable, flexible and balance well.

Figure 2

The user starts with both hands and legs together. The user then opens both arms to the side and at the same time move sideways. The user then closes her arms and legs. This is repeated, with the user opening both arms and legs. . These moves are performed at the same time when the user is using the hoop. The movement ends with the user closing both arms and legs.

This routine requires hand and leg coordination while using the hoop. Since the hoop is going around the core, it is possible that the user's meridians are being massaged.

Figure 3

The user pushes out one hand and steps forward. The user then withdraws the extended arm while pushing out the other hand and at the same time steps out the other leg. The user repeat the hand extending and withdrawing by stepping backwards. During the extension of the hand, the user may exhale and when the hand is drawn towards the body, the user may inhale. This is repeated, with the user opening pushing out one hand and withdrawing the other hand and alternatively stepping forward and then stepping backwards. These moves are performed at the same time when the user is using the hoop. In this routine as well as all routines, users engage the core muscle.

This routine combines elements of Tai Chi and requires hand and leg coordination while using the hoop. Since the hoop is going around the core, it is possible that the user's meridians are being massaged too.

Figure 4

The user begins this movement by crossing both hands. At the start position, the legs are together. The user then spreads out both hands outwards and upwards. At the same time, the user move towards one side. In the next step, the user move her hands past her face, with both hands crossing each other. At the same time, the user moves back to the original position. While the user's hands are extended out the user may exhale out and while her hands cross each other she may inhale. This is repeated, with the user opening both hands, pushing them upwards and outwards and at the same time, moving her legs outwards. . These moves are performed at the same time when the user is using the hoop.

This routine combines elements of Qi Gong with hand and leg coordination and acupressure massage on vital meridian points in the body.

Figure 5

The user starts with both hands facing one side, palm facing upwards. The user then moves each palm towards her face, and at the same time move one leg outwards with the toes touching the floor. The palms are then moved outwards and the same leg now move back to its original position, again with toes touching the floor when the leg is at the original position. The user then turns to the other side and repeats the same movements with the palms moving outwards and back to the user's face. Now the user move the other leg outwards with the toes touching the floor. These moves are performed at the same time when the user is using the hoop. These steps may be repeated.

This routine requires superior hand and leg coordination and balance. Since the hoop is going around the core, it is possible that the user's meridians are being massaged too.

Figure 6

The user starts with one hand one side, palm facing upwards. The other hand is at the side facing downwards. The user then turns to the other side and move sideways. At the same time, the user raises her hand while the other hand which was raised is now turned facing downwards. These moves are performed at the same time when the user is using the hoop. This step is repeated.

This routine requires superior hand and leg coordination and balance, improving flexibility, and dexterity. Since the hoop is going around the core, it is possible that the user's meridians are being massaged too.

Figure 7

The user starts with both hands facing the first side, with index finger pointing outwards. The user then move sideways, in the same direction as the direction of the index finger. The user then turns to the other side again with the index finger pointing outwards. The user now move sideways, in the same direction as the direction of the index finger. These moves are performed at the same time when the user is using the hoop. This step is repeated.

This routine is not only a high cardio workout but requires superior hand and leg coordination and balance. It also tones and reshapes the abdomen, buttocks, and legs. Since the hoop is going around the core, it is possible that the user's meridians are being massaged too.

Figure 8

The user starts with both hands stretched outwards at the sides. The user then closes both hands and places it at the front, and at the same time, moves forward. The user then moves backward, to the original position. As she moves backwards, each hand is now move outwards until both hands are stretched outwards at the sides. The user then closes both hands and places it at the front, and at the same time, moves forward. The user then moves backward, to the original position. These steps are repeated. These moves are performed at the same time when the user is using the hoop.

This routine requires superior hand and leg coordination and balance, improving flexibility, and dexterity. Since the hoop is going around the core, it is possible that the user's meridians are being massaged too.

Figure 9

This routine comprises of a few moves.

The user starts with both hands and legs together. The user then opens both arms to the side and at the same time move sideways, in one direction. As the user moves, each arm is moved from a closed position to an opened position and in so doing, the muscles of the arms are flexed. The user then closes her arms and legs. This is repeated, with the user moving in the opposite direction (sideways). The user then stops and moves in the opposite direction, each arm moving from a closed position to an opened position and in so doing, flexes he muscles of the arms. The user then closes her arms and legs. These moves are performed at the same time when the user is using the hoop. The movement ends with the user closing both arms and legs.

In the second part of this move, the user stretches out one hand and then moves the other hand

towards the outstretched hand while remaining stationary. Next the user stretches the other hand out and now moves the opposite hand towards the outstretched hand, again remaining stationary.

In the third part of this move, the user swings both hands towards one side flexing one hand while the other hand is only stretched out, all the while remaining in the same position and while gyrating the body with the hoop.

Variations are then performed with the user moving forwards and backwards instead of from one side to the other side and back.

This routine requires hand and leg coordination while using the hoop. As the arms are flexed, there is some conditioning to the hands as well. Since the hoop is going around the core, it is possible that the user's meridians are being massaged. The exercise routine mainly works on chest muscles which has the added benefit of toning and strengthening the muscles in the arms and upper back as most of the chest exercises also work on your triceps, biceps and deltoids.

These moves are performed at the same time when the user is using the hoop.

Figure 10

This routine comprises of a few sub-routines, as represented in Fig 10A and Fig 10B.

In the first sub-routine, referring to Fig 10A, , the user stretches out one hand while the other hand goes round the head as the user moves forward and then backwards. The user then changes with the hand which was outstretched now going round her head while the other hand is now kept outstretched.

In the second sub-routine, referring to Fig 10B, the user stretches out the other hand while the other hand goes round the head as the user moves forward and then backwards. The user then changes with the hand which was outstretched now going round her head while the other hand is now kept outstretched.

Other sub routines would be added to this routine. Such sub routines may include earlier steps as represented in Fig 1 to 9.

These moves are performed at the same time when the user is using the hoop.

The exercise moves as represented in Figures 1 to 10 are illustrative of the many steps/movements which may be incorporated into a routine. The moves depicted in these

drawings are not to be limiting in terms of the steps incorporated into each routine or sub routine.

It may be seen that many parts of the user's body, hands and legs are involved in this method of exercising. It may also be seen that the moves are quite exhausting and therefore effective in burning excess calories of the user. Since not only both hands and legs are used, but the body has to twirl the hoop at the same time, there is much exercising in hand leg coordination and flexibility and balance.

While some moves have been described herein, these moves are illustrative and are not exhaustive. However it may be seen that each move would incorporate elements of Qi gong, elements of lymphatic massage, aerobic and anaerobic exercise, muscular training, physical coordination as well as flexibility.

The exercise routines are planned for three levels – a Beginner Level, an Intermediate Level and an Advanced Level. The course structure described herein are given for illustrative purpose and are not exhaustive nor meant to be limiting. It is envisaged that the course levels may be modified again depending on the age of the users as well as the objectives of the user.

It is also possible for the entire set of exercises using the hoop to be structured to be taught to children and senior citizens. In both these age groups, the objective and emphasis may be changed to concentrate on say, improved flexibility and balance for senior citizens and improving coordination for young children as compared to weight loss for young female users.

An example of the type of a typical course structure for beginners, intermediate learners and advance learners are given herein, again for illustration. The timings and sequence are also not to be limited to what have been described herein.

Course Structure (Beginner):

1. 10 minute warm-up dance at the beginning of each session.
Trainer leads the class dancing 2 warm up songs to fully relax the muscle and preparing for flexibility in doing hoop dance
2. 5 minute skill learning and practice by holding the hoop on hand. This workout aims to tone up the arms.
3. 10 minute teaching on hooping technique and practice
The trainer will demonstrate each movement to ensure proper technique of hooping is well explained to the students. Trainees will then start to practice and spin the hoop while trainer

moves among the students to correct their technique and posture. After some practice, the Trainer splits the class up into the different groups. Those who can successfully hoop up will do simple hand movements whirling the hoop on the waist. Those who need more practice will continue to practice hooping up.

4. 25 minute Group practice designed to improve coordination skill, core muscle engagement skill and spinning skill with speed and power.
5. 10 min cool down and simple stretching

Course Structure (Intermediate):

1. 10 minute warm-up dance at the beginning of each session. Trainer leads the class dancing 2 warm up songs to fully relax the muscle and preparing for flexibility in doing hoop dance
2. 5 minute skill learning and practice by holding the hoop on hand. This workout aims to tone up the arms.
3. 10 minute skill learning and practice (hooping on the waist). Students learn coordination skill at intermediate level (walking and marching with a hoop in waist). This aims to build core muscle engagement skill. Trainees will be able to march and walk while whirling the hoop on waist.
4. 25 minute Group practice to practise hooping on the waist with hand and legs movements. This is designed to promote coordination skill with hand and leg movements, core muscle engagement skill while walking the hoop and speed and power management.
5. 10 min cool down and simple stretching

Course Structure (Advance):

1. 10 minute warm-up dance at the beginning of each session. Trainer leads the class dancing 2 Hoop fitness warm up songs to fully relax the muscle and preparing for flexibility in doing hoop dance.
2. 5 minute skill learning and practice. This is designed to promote coordination skill at advance level ie. Holding hoop with both hands, not hooping on waist yet.
3. 35 minute Group practice. Trainees learn hoop dance coordination skill and core muscle engagement skill as well as hoop dancing tempo.
4. 10 min cool down and simple stretching

At the advance stage, the user may even use a weighted hoop with weights on wrists and legs, for a better cardio workout and to improve stamina. The three divisions of the Course Structure is illustrative and not intended to be limiting. Variations of the elements within each Stage of the Course Structure may also be varied or modified without affecting the objectives of this fitness routines.

While some routines of this method of exercise using a weighted hoop have been described, it should be apparent, however, that various modifications, rearrangements, substitutions alterations and adaptations to those routines may occur to persons skilled in the art with the attainment of some or all of the advantages of the present invention. Accordingly, it should be clearly understood that the present invention is not intended to be limited by the particular features, description of various elements of western and Asian exercises hereinbefore described and depicted in the accompanying drawings. It is therefore intended to cover all such modifications, alterations and adaptations without departing from the scope and spirit of the present invention as defined by the appended claims.

FEEDBACK FROM TRIAL USERS OF THE INVENTION

The Inventors have observed improvements in reduction of waistlines of users, reduction of weight and well being after some time of using the hoop fitness routines. Below are three examples of users with some personal details on the impact of using the invention (used with their permission).

Hoop Fitness Pte Ltd		
Before & After Photo		
1.		Participant: Florence Ho Occupation: Receptionist Achievement: Reduced waistline by 2 inches within 2.5 months. Further reduced by 1 inch in another 3 months' time. Total reduction of waistline by 3 inches in about 6 months. Frequency: Attended Hoop Fitness class once a week and daily practice of Hoop Fitness workout hooping at home for about 30min. Participant's comments: I have been searching for a fitness to reduce my waistline for many years but couldn't find one. Prior to Hoop Fitness, I have tried many other methods, Hoop Fitness has met my objective without having to go on diet! It is more fun than sit ups or planking.

2.		Participant: Julie Koh Occupation: Home Marker Achievement: Reduced 1kg with a month of Hoop Fitness workout. Further reduced by 3 more kgs in another 4 months' time. Total reduction of 4kgs in about 6 months. Frequency: Attended Hoop Fitness class once a week and daily practice of Hoop Fitness workout hooping at home for about 1hr daily Participant's comments: I find Hoop Fitness program a natural medicine. I have a lump on my back, after few months of continuous hooping, the lump disappeared. I also have digestion problem, hooping help to pass out the gas and I feel so much comfortable and lighter after burping. So now, if I have eaten too much, I just do Hoop Fitness hooping and I will be alright!
3.		Participant: Nan Geok Kiew Occupation: Production QC Achievement: Reduced 1kg by the 6th week of Hoop Fitness class. Frequency: Attended Hoop Fitness class once a week and daily practice of Hoop Fitness workout hooping at home for about 30min daily Participant's comments: I am happy that Hoop Fitness class help to trim my tummy fat within short period of time!

ADVANTAGEOUS EFFECTS OF THE INVENTION

The invention offers a low cost integrated set of aerobic and anaerobic exercise routines which would exercise the core muscles, improves balance, flexibility, dexterity and coordination, massage some meridian points, improve circulation of lymph in the lymphatic system, as well as tones and reshapes the abdomen, buttocks, and legs, all using a weighted hoop which may be carried out anywhere with minimal space requirements.

CLAIMS

1. A method of body exercising using a hula hoop by an user comprising the step of:

whirling the hoop to the waist, the hip or the thigh of the body of the user ;
turning the hoop to rotate along the waist with hand and leg coordination;
performing leg and hand exercises while the hoop is rotating on the waist; and
twirling the hoop around the meridians of the exerciser and to massage the body muscle of the user; and

stopping the rotating of the hula hoop when both the arms and legs are being closed.
2. The method of body exercising as set forth in Claim 1, further comprising the step of: wearing on wrists or legs of the exerciser weights or the like to train the muscle of legs and hands of the user.
3. The method of body exercising as set forth in Claim 2, wherein the coordination of the legs and hands and the body improve body flexibility and dexterity, and balancing.
4. The method of body exercising as set forth in Claim 1, wherein the weight of the hula hoop is adjustable to fit the physical and training requirements of the user.
5. The method of body exercising as set forth in Claim 4, wherein the weight of the hula hoop is adjusted based on the fitness level of the user and the course structure of the user.
6. The method of body exercising as set forth in Claim 2, wherein the weights are attached to the wrists of the user.
7. The method of body exercising as set forth in Claim 2, wherein the weights are attached to the legs of the user.
8. The method of body exercising as set forth in Claim 1, wherein the hula hoop can be made to an adjustable length or a plurality of corrugations on the hula hoop to enhance the effectiveness of massaging of the body of the user.
9. The method of body exercise as set forth in Claim 1, wherein the twirling of hula hoop tones and reshapes the abdomen and buttock of the user when the twirling goes around the body.
10. The method of body exercise as set forth in Claim 1, wherein each movement of the hula hoop is incorporated with elements of Qi Gong.
11. The method of body exercise as set forth in Claim 1, wherein each movement of the hula hoop is incorporated with elements of lymphatic massage.

12. The method of body exercise as set forth in Claim 1, wherein each movement of the hula hoop is incorporated with muscular training.
13. The method of body exercise as set forth in Claim 1, wherein each movement of the hula hoop is incorporated with physical coordination.
14. The method of body exercise as set forth in claim 1, wherein the movement of the hula hoop is performed aerobically and/or anaerobically.