

## *From The September Cover*

# **HoopChi™: An Exciting, Easy New Exercise!**



HoopChi™, an innovative new form of exercise spreading across the globe, arrives in South Florida as part of a world tour on Nov. 13<sup>th</sup>, 2011, when its creator Betty Lucas will demonstrate and teach it in South Florida. It will also be featured at the January 2012 Boomer Expo at the Seminole Hard Rock Hotel and Casino.

HoopChi is an easy, low-impact, weight-bearing sequence of movements that has received rave reviews. Rather than spinning the hoop around your waist, you hold and move it to stretch and tone your arms, shoulders, thighs, waist and other parts of your body. Suitable for

Boomers with various levels of fitness, it helps improve and maintain balance, posture, mental acuity and joint fluidity.

Drawing on her background as a ballroom dance teacher and hooping instructor, Betty developed HoopChi for Boomers interested in fitness yet reluctant or unable to do the strenuous activities that many exercise programs require. The initial inspiration came to her on a beach in Israel, where she was making an exercise video featuring hula hooping, but where the high winds made it difficult to twirl the hoop around her waist. Instead of waiting for a calmer time, she grabbed her hoop with both hands to keep it from flailing off course, moved it to and fro stretching in various ways, and had an energizing work-out. After viewing the resulting video, Betty was surprised to see how much her movements resembled Tai Chi. She then studied with a Tai Chi instructor so she could find even more ways of integrating the hoop and Tai Chi.

The result is HoopChi, a blend of dance and Tai Chi-inspired movements with a hoop. But you don't have to know how to dance, hoop or practice Tai Chi to do HoopChi. All you need is an interest in fitness and fun!

Betty Lucas has taught HoopChi in the United States, Bali, Sri Lanka and the Maldives. She recently launched a U.S. tour in which she is conducting HoopChi workshops and teacher trainings across the country.

### **Testimonials**

*HoopChi works out body areas that I need and don't get with my stationary bike and hiking. Thanks! Sandy, Oakland, CA*

*Thanks for helping show aging Boomers an exercise alternative to body-punishing activities. Tim, Round Rock, TX*

*HoopChi is great for those seeking an alternative to Yoga or Pilates, also excellent for tennis players, golfers and officers workers. Janet, Arlington, VA*

*Betty Lucas is available for performances, conferences and wellness programs. For more information about HoopChi and her Florida classes, visit [www.LucasHooping.com](http://www.LucasHooping.com).*