

Frequently Asked HoopChi™ Questions

1. Where did HoopChi come from?
 - a. HoopChi was developed by Betty Lucas over a period of years, drawing on her background as a ballroom and certified hoop dance instructor, integrating her innovative use of Tai Chi-inspired movements. The result is HoopChi, a blend of dance and Tai Chi-inspired movements with a hoop. Lucas launched HoopChi in Bali, on September 11, 2010.
2. Who should practice HoopChi?
 - a. People of all ages, fitness levels, body size and ability can practice HoopChi. No previous experience is necessary.
 - b. HoopChi is particularly designed for, sedentary computer workers, an alternative for those too busy to exercise, hoop dancers or anyone looking for an energizing, affordable, low impact, weight bearing exercise that can be practiced at home, outside, in a gym, dance or Yoga studio. As in all exercise, physical activity should be undertaken with physician approval.
3. What are the benefits of HoopChi?
 - a. Increase posture and balance
 - b. Improve upper body strength and flexibility
 - c. Tone and build arm, leg and back muscles without adding bulk
 - d. Increase joint flexibility and range of motion
 - e. Enhance body awareness and coordination
 - f. Condition the body to become less injury prone
 - g. Engage and activate the mind
 - h. Reduce stress and tension
 - i. Improve circulation
 - j. Enhance mobility and stamina
 - k. Increase energy through controlled breathing and stretches
4. Is HoopChi like Hula Hoop Dancing?
 - a. No. Rather than spinning the hoop around your waist, HoopChi moves the hoop off the body to stretch and tone your arms, shoulders, thighs, waist and other parts of your body.
 - b. The sequence of movements in this low-impact, weight-bearing exercise also can help improve or maintain balance, posture, mental acuity and joint fluidity.
 - c. HoopChi also provides Hula Hoop Dancers new moves and pacing to incorporate into their dance.

Frequently Asked HoopChi Questions Continued

5. Will HoopChi make me sweat?
 - a. Yes, however the focus of HoopChi is on the quality of sweat and movement, not speed or burning calories. HoopChi is not a cardiovascular workout
 - b. Once mastered, each HoopChi movement can be sped up and turned into a dance for those interested in taking HoopChi to the Master level.

6. How often should I practice HoopChi,
 - a. HoopChi can be practiced 2-4 times a week in 10 minute sessions or longer. Even a few minutes of practicing HoopChi level one can provide an invigorating start to each day.

7. Why practice HoopChi over other forms of exercise?
 - a. HoopChi is versatile, whether you practice one or multiple levels, in its original slow movements, or sped up and turned into a dance, each level is an energizing experience.
 - b. The full HoopChi series can be repeated as a complete workout, or can compliment and be a warm-up to other forms of exercise.
 - c. The time commitment can be as little as 5 minutes a day to still reap the energizing and toning benefits of HoopChi.
 - d. Each sequence and level of movement can be adapted or modified according to the ability of the student and for safety considerations.

8. Where can I find an instructor?
 - a. HoopChi instructors who complete the HoopChi Teacher Training will be listed on a new teacher page at: www.lucasHooping.com.
 - b. All instructors are taught a systematic HoopChi™ curriculum by Betty Lucas through LucasHooping.com.
 - c. HoopChi instructors create a safe and effective experience through their knowledge, guidance and observation.

9. If I cannot find a teacher in my area, how do I learn HoopChi?
 - a. HoopChi tutorials are available at the LucasHooping.com Store. All tutorials make good companions to learning HoopChi and are a good follow-up to class instruction as well.
 - b. Additional products, such as collapsible HoopChi hoops, tank tops, and other items are also available.

10. What do I wear to Practice HoopChi?
 - a. Wear comfortable, stretchy, exercise clothes to allow for a wide range of movement. HoopChi can be practiced in socks, bare feet, tennis shoes or low-heeled, leather soled, comfortable shoes.