

Best Way to Tone Your Waistline?

To trim your waistline and tone your abs, just play with a hula hoop! While hula-hooping may have been a 1950s craze, personal trainer Lorrie Henry of Phoenix, Arizona says the still-popular toy is becoming a staple in many fitness and exercise routines.

KNXV-TV in Phoenix reports that when you use it correctly, a hula hoop can actually give you a great cardiovascular workout.

The four biggest benefits of hula-hooping:

- " Strengthen your core
- " Tone your waistline
- " Tone your arms, gluts' and thighs
- " Promote rhythm, coordination and flexibility

How do you do hula hoop exercises? If you don't want to take a class or there are none offered where you live, your best bet is to buy a DVD to get started with the basics, Henry told KNXV-TV.

Buy a hoop that is appropriate for your height, which for most adults is about 35 to 40 inches or larger in diameter. Be careful if you purchase one in a toy store, since most of the hula hoops sold there are designed for children's smaller bodies.

As you become more proficient, Henry advises purchasing a weighted hula hoop-- typically weighing about two pounds--to better work your mid-section. Look for these in dance or fitness supply stores.

To get the most aerobic benefit, do intervals of two minutes.

The key to hula-hooping? Henry explains it to KNXV-TV: Put one foot in front of the other, keeping a slight separation in your feet. This will keep you balanced and provide better rotation. Begin by placing the hoop against your back at your waistline, and then give it a gentle push to begin the rotation. Just shift your weight from one foot to the other and presto! You're hooping.

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