

Diana is running hoops around fitness classes

Adults invited to give six-week hula course a bit of a whirl

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CASHING in on a 1950s trend has proved to be a wildly popular business venture for hooping pro Diana Defries.

Her one-woman company, Hoopswirled, builds adult sized hula hoops and teaches people how to use them in fitness classes.

Diana came across hooping on the internet while she was working from home and bought her first hoop from the USA.

She said: "I spent every minute trying to use it in my garden and loving every moment. After about six months I decided that I wanted to share it with people."

Her Hoopswirled classes are now held all over London and the south east.

The sessions come to Hemel Hempstead tomorrow, teaching the unique approach to fitness at Boxmoor Hall in a six week course.

All Hoopswirled hoops are made to order from Diana's website. Being bigger and made for adults, she claims they are easier to use than the children's toys that most people are familiar with.

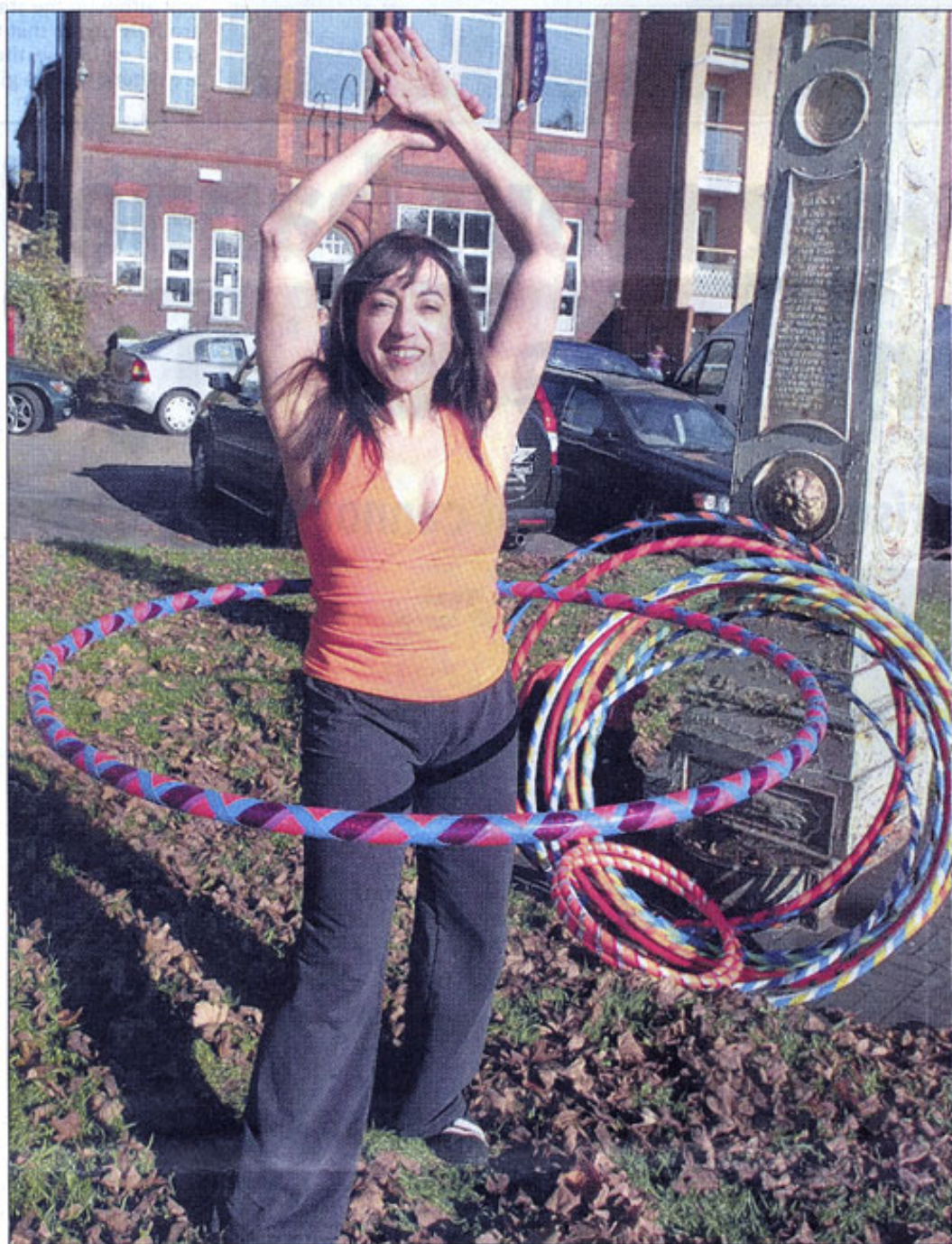
Moving, turning and dancing to music with a giant hoop is actually a far cry from the 50s craze for hula hooping.

It may not sound like much of a workout, but hooping is a serious sport that works more than 35 core muscles.

Diana said: "A lot of people think you only use it around the waist, but that's just where you start.

"You learn to move it around the body."

She adds that the business is not solely about improving the fitness of her clientele and that classes can boost



IN A SPIN: hula hoop instructor Diana Defries at the Life and Soul Academy (07-1137-46).

self-esteem and confidence and relieve stress.

Having to keep the hoop moving means the classes are also a low impact cardio workout.

Before discovering the unusual sport, Diana trained as a body builder but now seems to have found her calling as a certified Bodyhoops teacher.

She said: "It's about having fun as a grown-up.

"It's so much fun and anyone who picks up a hoop seems to end up with a grin on their face."