



Hula Hooping

Length: 30min; 45min; 1hr

Delivery modes: Onsite Sessions; Team Offsite; Conference Breakout Session.

Details: A one hour hula hooping workshop that boosts physical, mental and social wellbeing. This fun fitness session is a great way to break up sedentary behaviour at work. It's also a good exercise for team bonding experiences.

Hula Hooping can be used as an enjoyable musculoskeletal /physical and mental health strategy. Benefits include:

- **Physical Health** - providing a full body workout. Regular hooping sessions can help strengthen stomach muscles and keep the waistline trim. The practice of hooping is said to work on a collection of core muscles that improve balance, coordination and stamina; as well as working on the muscles that surround the lower spine - helping with back health. Depending on difficulty levels, hooping can also help improve upper and lower limb coordination.
- **Psychological Health** - It can be a mood booster, by providing stress relief and enhancing social connections.
- **Increased Cognitive Performance** - It's aerobic fitness element increases the circulation of fresh oxygenated blood to the brain. Studies show that physical exercise increases brain volume in areas linked to reasoning and executive function.

Connect with WORKBLIS to discuss requirements - hi@workblis.com