



Use: Friday 4 March 2005

Issue Date: Thursday 3 March 2005

## HOOP HOP HITS THE HIGHLANDS

An innovative fitness programme from California aimed at getting young people active was introduced to the Highlands today (Friday 4 March) at a special in-service training session.

Kelle McQuinn, who the Los Angeles Times have called "the Pied Piper with a boom box" was in the city to introduce Hoop Hop to pupils, PE staff, The Highland Council's Active School Co-ordinators and Youth Workers.

Hoop Hop features extreme hula-hooping with dynamic tricks and revolutionary skills that strengthen and tone every major muscle group. It is accompanied by a loud energising sound track so sweaty smiles abound in this high-octane hoopla.

Since founding KidTribe in 2002, Kelle has single-handedly evoked a new wave of physical education. Her visit to Inverness is part of a UK wide tour so she can share her exciting and unique way of re-imaging the humble hoola hop into a physical activity that is particularly appealing to young people.

The day was organised by The Highland Council's Health Promoting Schools and Active Schools as part of a joint health and physical activity initiative.

During the morning Kelle took a mixed S1 and S2 class and a S3/4 girls group through the programme before spending the afternoon training staff.

## ENDS

For further information please contact The Highland Council's Active Schools Manager Alan Clark on 07747 151969.

Date Last updated : 04/03/05

