

Students Hip to Hooping Fitness

Have you driven past a school and seen hundreds of students of all ages with a multitude of colorful hula-hoops?

Students in Alhambra Unified School District are doing KidTribe's Hoop-Hop, a blend of Hip-Hop dancing with a hula-hoop! Upbeat music, dynamic choreography, and exciting skills for every level, Hoop-Hop is a core-conditioning program that strengthens, tones, and aligns every major muscle group.

Led by KidTribe's founder, Kellee McQuinn, known as "the Pied-Piper with a boom box," creates an environment where kids discover their groove and bust a move. KidTribe has visited students at Monterey Highlands, Garfield, Ramona, and Park Schools. The Nutrition Network brought the Hoop-Hop demonstration to elementary schools district-wide during the months of January and February. Participating students, teachers, and principals warm up with an upbeat stretch routine, participate in fun dance moves that engage, stretch, and tone every major muscle, learn amazing hoop tricks, and do the Cha Cha Slide to their own groove.

"Hoops are nothing new. They've been around for thousands of years. Students are rediscovering the hula-hoop craze because it's fun, easy, and can be done anywhere," says McQuinn. Judy Huffaker, Nutrition Education Specialist for the Alhambra Unified School District agrees.

Everyone participated in the program to promote healthy habits, positive peer-pressure, and lift spirits and self-esteem.

"this is an interactive assembly creating an environment where it's hip to be healthy. The students are having so much fun, they don't realize they are exercising!" says McQuinn



Martha Baldwin Elementary students chant and hoop along with McQuinn.



Ramona Elementary Second-grade student Andy Truong tries to keep his hula-hoop from falling all the way down as his classmates practice hula hooping in the background.