

Step Into Fall



Fall is a great time to go for a walk. It's amazing to notice how the trees are changing colors around town. I especially love walking past the beautiful red and green colors on my neighbor's corner tree.

How many steps do you walk in a day? You might be surprised to find that it is probably more than you think. The average American walks about 5,000 steps per day in normal daily activity, which can vary widely from about 1,000 to 7,000 steps per day. Unfortunately, 5,000 steps a day is not enough to be considered healthy. Although 5,000 steps is equivalent

to approximately 2.5 miles of walking, this level of activity is actually considered to be sedentary! Between 5,000 and 7,499 steps could be classified as "low active," 7,500 to 9,999 steps are considered "somewhat active," and above 10,000 steps per day are considered "active." Taking more than 12,500 steps would be categorized "highly active." Therefore, the goal for a healthy, active lifestyle for adults is 10,000 steps per day.

Although 10,000 steps per day seems like a lot, a person can start by adding increments of 1,000 steps per week. One mile is approximately 2,000 – 2,500 steps, depending on the length of your stride. By merely walking around the block in most Utah towns, a person is walking approximately a half-mile or about 1,000 steps, which only takes about 10 minutes. Youth should be taking more than 12,000 steps a day. Older adults and persons with physical limitations can also benefit from increased physical activity, although they may modify the 10,000-step goal.

Walking is a low cost, fun and practical way to improve health and change a sedentary life style. Some things you can do to increase steps is take a walk with your spouse, child, friend or dog. Park farther from the store or office, or walk to the store or work. Take physical breaks during the day such as a walk during lunch or break time. If you have a meeting, make it a walking meeting or visit. Stand up and walk while talking on the phone. Do some exercises during commercial breaks, between programs or video games.

According to the Physical Guidelines for Americans, although a person may not lose a lot of weight by simply walking, there are a variety of health benefits including increasing cardiovascular health, strength, mobility, mood, sleep and decreasing risk of type 2 diabetes. A person will also tone up by increasing lean muscle and losing fat. If you are interested in weight loss, you can simply decrease your calories or portion size by 25 percent.

Intensity is also important. A leisurely stroll is not as beneficial as a brisk walk. To meet current guidelines, individuals are encouraged to walk a minimum of 3,000 steps in 30 minutes for five days per week. Three sessions of 1,000 steps in 10 minutes per day can also be used to meet the recommended goal.

A pedometer can measure your steps so you know how many steps you have taken. Pedometers are relatively inexpensive and can be purchased at a variety of stores. Be careful to do your homework before buying one, however, as there are some on the market that don't work properly.

Of course walking isn't the only exercise you can participate in, but it is a good foundation to which you can add or substitute other exercises. As with any exercise program, you should always check with your doctor before beginning or if you have any concerns.

If you're interested in increasing your physical activity or improving your health, check with your local county Extension office to see what programs are available.

Or, you can just take the Fall into Step Challenge, so you too can say, "No, my car isn't in the shop. I'm just taking advantage of walking more!"



SuzAnne Jorgensen works with adult and youth groups and individuals to educate them in the areas of canning, food safety, nutrition, finances, small business and

many other topics related to home, family and business in Garfield County.

Top 10 Ways to Help Your Child Eat More Vegetables

Author – Carrie M. Durward PhD, RD



As a registered dietitian, one of the most common questions I

get from parents is how to get their child to eat vegetables. Luckily for me, nutrition research has given us a lot of great information about how to do this.

First and most important: if you want your child to like and eat vegetables, offer them early and often! Feed your child a variety of fruit and vegetable purees as soon as you introduce solid food (5 to 7 months). This is a time period when children are more open to trying new foods, so it is a great time to have them learn the flavors of many different vegetables.

However, if you missed this window, it isn't too late! We like and eat the foods we are familiar with. The best way to get your children to like vegetables is to keep offering them. In one study, children had to taste a new vegetable up to 15 times before it was accepted.

It is normal for young children to be wary of new foods. If your child rejects a new vegetable or refuses to try it, don't give up! Just try again another day.

Try to avoid showing a negative reaction like frustration if your child refuses vegetables. Never pressure your children to finish food or force them to clean their plate. Encourage them to try a bite, but don't force it!

Instead, try one of these 10 positive ways to help your child try new vegetables.

Top 10 Ways to Help your Child Eat More Vegetables

1. **Be a good example.** Keep vegetables in the house, serve them at every meal and let your child see you eating and enjoying them.
2. **Offer vegetables first, when children are hungry.** Try vegetables as an after school snack or have a salad or soup at the beginning of dinner.
3. **Take your child shopping** and let him or her pick out the

vegetables, or let your child choose between two different vegetables to have with dinner.

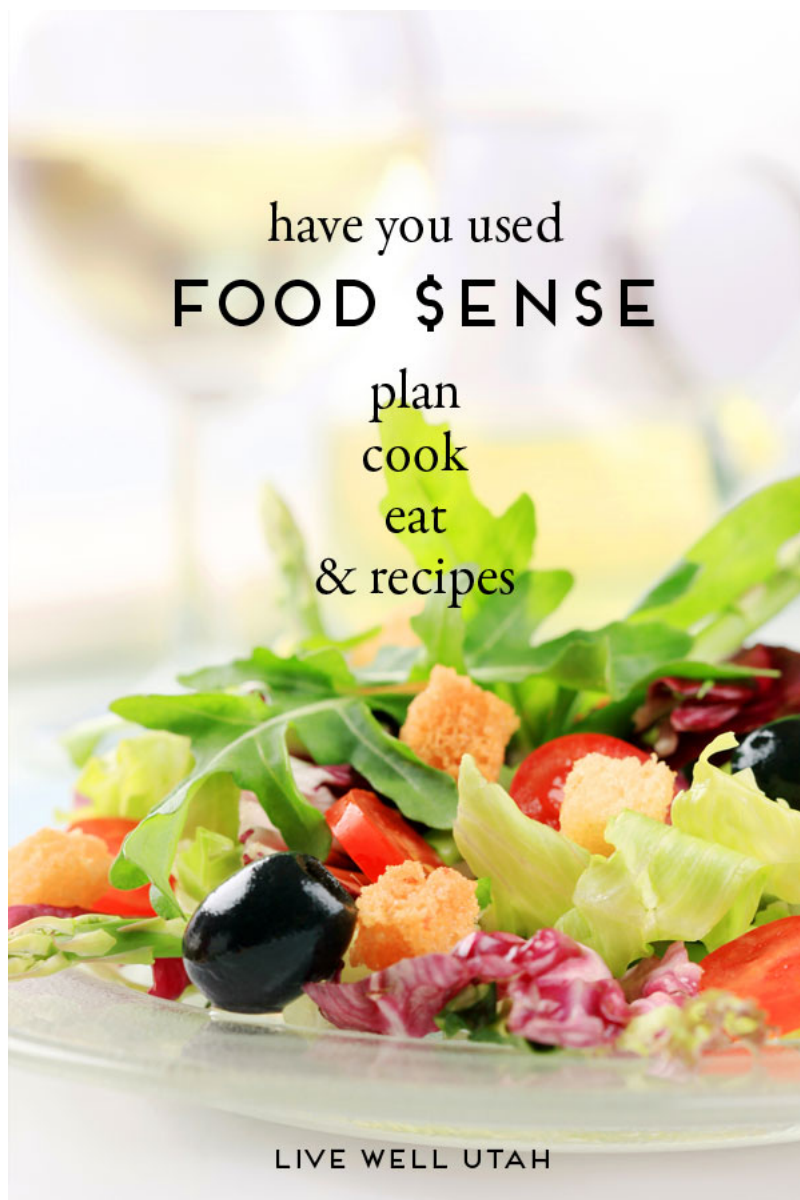
4. **Get your children involved in the cooking.** If children help prepare a vegetable, they will be more likely to try it.
5. **Grow a vegetable garden or visit a farmers market or local farm.** These can be fun ways to help your child explore new foods.
6. **Make eating vegetables fun by playing with your food.** Try ants on a log, rainbow salad or pizza faces.
7. **Try preparing vegetables in different ways:** raw, steamed, roasted, etc. The flavor and texture can be very different, depending on how you cook them. If your child doesn't like vegetables one way, he or she might like them another way!
8. **Try a small reward,** like a sticker or praise to help convince your child to taste vegetables. Don't use food as a reward or punishment.
9. **Use marketing in your favor.** Put stickers of your child's favorite book or TV characters on containers of vegetables to encourage intake.
10. **Offer vegetables with a low-calorie dip,** or use a small amount of sugar when cooking to help your child be more willing to taste and eat vegetables. This will help your children become more familiar with the taste of vegetables, and they will learn to like the flavor more, even without the dip or sugar!



Carrie Durward PhD, RD is an Assistant Professor of Nutrition and Extension Nutrition Specialist at Utah State University. Carrie is a Registered Dietitian and holds her doctorate in Nutritional Sciences from the Pennsylvania State University and her Bachelor of Science in Human Nutrition from Arizona State University. Carrie has expertise in obesity

and health, weight loss, and nutrition behavior change. Her research interests include promotion of vegetable intake and weight bias prevention. When she isn't working, Carrie loves to garden, spend time outdoors, and cook and eat delicious food.

Resource Roundup – Food \$ense



Have you been over to the Food \$ense website? It's a wonderful website with tips on how to include your family in planning, cooking, and eating.

Be sure to check out these different areas:

Plan – Plan to Save, Plan a Menu, & Plan to Shop

Cook – Cooking Basics, Cooking Skills, & Cooking Safely

Eat – Eat Well, Eat Together, & Eat with the Kids

Recipes

What is Food \$ense?

Food\$ense is Utah's Snap Ed Program. They provide nutrition education to low-income individuals and families throughout the state. Food\$ense holds workshops throughout the state to promote healthy eating and active lifestyles among food stamp recipients and eligible.

[Click here](#) to learn more about Snap-Ed & Program.

Looking for more help with choosing what to eat? Also be sure to stop by [ChooseMyPlate.gov](#) for some great information!

Smooth Operator: 6 delicious treats to make with your blender!



Q. Why do kids like skateboards, roller blades, snow boards, slides and bikes so much?

A. Because they give such a smoooooth ride!

Did you know you can give your kids a pretty smooth ride right in your own kitchen? We're not talking about sliding down a wet granite countertop. We're talking about how they can be smooth operators with all the smooth concoctions they can create using a blender or food processor.

Ready to give it a whirl? Have them try out these six delicious treats made with a blender!

Kids can make great tasting and fun foods for breakfast,

lunch, dinner and snacks. For instance a smoothie for breakfast is the perfect way to start the day. One great thing about a breakfast smoothie is that it can be made the night before and stored in the fridge. Then the next morning all they have to do is grab and go. Now that is even faster than a pop tart! The best part (except for how fabulous it tastes!) is that the smoothie is much better for their bodies.

What do a can of pinto beans and a blender have in common? Together they make one incredible bean dip or filling for a lunch burrito! All kids have to do is open the can of beans, rinse them off and throw them in the blender with a little salsa, chopped green onion and a dash or two of chili powder. It should be blended until everything is smooth and creamy and they will have the best bean dip or burrito filling around. They can put the pureed (blended up until it's smooth) beans on a tortilla, top it with a little cheese if they would like, roll it up and pop it in the microwave for a minute or two. It's faster to make a burrito at home than going through the drive-through and once again, it's way more healthy than the burrito you buy.

Talking about smooth rides...how about Aladdin and his magic carpet? Kids may not be able to come up with a magic carpet for a smooth ride, but they can come up with one of Aladdin's favorite smooth snacks – hummus! They can make their own hummus by putting a can of garbanzo beans, a little garlic, a teaspoon of cumin, a little salt and a tablespoon of olive oil in the blender or food processor. They can give it all a whirl until it's smooth and creamy. Hummus is terrific with pita bread or pita chips. Yum!

Who doesn't love that all-time favorite smooth treat – ice cream?! The problem with ice cream is that it tastes so good we want to eat lots of it but it really isn't the healthiest treat we can eat because it is so full of fat and calories. And even though kids may think they don't care too much about fat or calories, their body does care.

The good news is that with their new best friend, the blender, kids can make their own health-ified ice cream. They can put a frozen banana, a cup of strawberries, a drop or two of vanilla and a splash of milk in the blender or food processor and give it a whirl. They will have instant, good tasting, good-for-them ice cream. They can eat lots if they want because it's just made of frozen fruit – no bad-for-the-body fat found here!

Do your kids hate onions or mushrooms or broccoli or just about any kind of veggie? The good news is that by blending up some of that stuff into soup or your favorite spaghetti sauce, they won't even notice the taste or texture and they will be getting all those good-for-your-body veggies. You will both love it!

See how much fun being a smooth operator in the kitchen can be? Whether it's for breakfast, lunch, dinner or snacks, smooth foods just can't be beat. Just remind kids that, like playing it safe with smooth rides and using the right protective gear like helmets and knee pads, they need to play it safe in the kitchen too. Blenders and food processors can cause some serious damage and injuries if they don't know what they are doing. Make sure you are around to help your kids learn to use blenders and food processors, and always have them ask permission before using any kitchen appliance!

And, be sure to try out our favorite:

Popeye Smoothie

6-8 ounces yogurt, any flavor

1/2 cup skim milk

1/2 fresh or frozen banana

1/2 cup fresh or frozen fruit

1 packed cup fresh spinach

Blend all ingredients well in a blender.

Yield: 1 big delicious smoothie

This is a smooth way to start the morning, and it may be made the night before and kept in the refrigerator.

Surprised to see spinach in this smoothie? Don't worry, your kids won't taste it at all and the spinach will give them that smooth boost they need to get going in the morning!



Contributor: Debbie Christofferson, Heidi LeBlanc SNAP-Ed/Utah State University Food \$ense

4 Tips and Reminders for Harvest Preservation

Author – SuzAnne Jorgensen



4 tips & reminders for **HARVEST PRESERVATION**

LIVE WELL UTAH

The golden leaves and the beginning of cooler weather remind us that it is once again harvest season. Whether you are preserving end-of-the-season garden items or canning deer or other game meats, it is important to follow safe canning principles.

Remember to adjust for altitude. Many recipes are written for sea level with a reminder of altitude adjustment in the beginning of the recipe book. For pressure canning in higher altitudes, the pressure is generally increased. For water bath canning, the time is increased. Contact your local USU Extension county office for an altitude chart specific to your county.

Have your pressure canner gauge tested annually. Canner gauges should be tested once a year before canning. Call your local

county Extension office for an appointment. In many offices, you can drop your lid (with gauge attached) by their office for testing. Call first to be sure.

Follow an approved, laboratory-tested recipe and don't make adjustments to recipes. USDA, Ball (Kerr is now owned by the same company as Ball), the Center for Home Food Preservation, and Land-grant University Extension Services such as USU Extension are the most approved recipe sources. There are many recipes that are passed around that may not be safe. Information can be found on the National Center for Home Food Preservation website at www.uga.edu/nchfpor on the USU Extension website at <http://extension.usu.edu/foodpreservation/>.

Fruits (high acid foods) can be canned in a boiling water canner, and vegetables and meats (low acid foods) need to be pressure canned. Although we think of tomatoes as being acidic and safe for water-bath canning, their pH level usually falls on the border, so acid should be added. Be sure to follow guidelines from an approved source. Do not can tomatoes from a dead or frost-killed vine. When vegetables are added to tomatoes, as with salsa, the pH level is raised and sufficient acid needs to be added to be safe.

Freezing Foods. Foods preserved by freezing do not have as many safety guidelines, and most of the recommendations for freezing are for quality rather than safety. Blanching is recommended for longer-term freezing to stop the enzyme activity and help preserve the quality of the fruits or vegetables.



SuzAnne Jorgensen works with adult and youth groups and

individuals to educate them in the areas of canning, food safety, nutrition, finances, small business and many other topics related to home, family and business through Utah State University Extension in Garfield County.

Savor the Flavors of Fresh Herbs and Spices

Author – Carolyn Washburn



Among the most tantalizing smells and flavors that come from your garden or kitchen emerge from fresh herbs and spices.

These fragrant flavors add much to foods while helping cut back on fats, sugars and salts in recipes. Why not add some of the most used herbs and spices in your kitchen to your garden this year? You could plant fresh basil, oregano, mint and rosemary. These plants will add beauty to your garden and flavor to your foods.

An easy way to get started with herbs is container gardening. Maggie Wolf and Teresa Cerny wrote an article on herb container gardens. They list six ways to help your herbs be successful.

Choose herbs that grow in a compact habit. Herbs that are too tall can be out of scale with their container. While herbs that grow in a trailing matter can be a beautiful addition to your outside landscape, you'll want to consider where to place your containers, how to care for them and harvesting the herbs too.

The handy Herb Container Gardens article has answers plus a useful chart listing many types of herbs, their maintenance and how to harvest.

Speaking of harvesting herbs, did you know it's the oils from the leaves that give them their great aroma and flavor? You want these oils to be released during cooking, not during harvesting and storage. Exposure to light, overheating, bruising or cutting will release these oils before they are needed. Dennis Hinkamp references easy ways to harvest, dry, cook with and store your herbs in the article, Getting the Most out of your Herbs. The article says, "Of course the optimal way to use herbs is to pick them from the garden immediately before cooking. Since most recipes are written using proportions of dry herbs, when you substitute fresh herbs, you'll need to add about three times as much as the original dry measure."

Are you adding herbs to your garden this year? What are you

some of your favorites to harvest and use?

Find additional articles on herbs and spices [here](#).



Carolyn Washburn is a family consumer sciences agent for Utah State University Extension. Her responsibilities include financial management education, food safety and nutrition, healthy family relations, emergency preparedness and working with youth. Her goal is to help individuals and families become self-sustaining and resilient by being financially prepared and healthy for any emergency. She serves on the National Disaster Education Network and has just completed the new food storage manual for USDA. Her most cherished award is America's Promise, awarded by Colin Powell.

Kids In The Kitchen

Author: Melanie Jewkes

KIDS IN THE KITCHEN CLASS SERIES



Some of my favorite childhood memories include standing on a stool in the kitchen helping and watching my mom cook. I remember distinct smells of vanilla being added to cookie dough or frosting and feeling excited to get my hands on one of the beaters to taste the deliciousness of something homemade.

Did you know that including your kids in the process of preparing and cooking is one of the best ways to get them to eat and try new foods? Including kids in the kitchen can be a great way to introduce your children to healthy foods AND teach them important cooking skills. Our kids need skills in the kitchen because they will have to eat food every day for the rest of their lives! So, let's get the kids in the

kitchen!

Kids in the Kitchen class series in Salt Lake area—bring your kids, get a snack and learn some tips.

July 8, 2014 | Chapman Library | 3:00 pm

July 9, 2014 | Kearns Library | 7:00 pm

July 16, 2014 | West Jordan Library | 7:00 pm

August 4, 2014 | Magna Library | 3:00 pm

August 5, 2014 | Ruth Vine Tyler Library | 4:00 pm

August 12, 2014 | Chapman Library | 3:00 pm

August 13, 2014 | West Jordan Library | 7:00 pm

August 21, 2014 | Kearns Library | 7:00 pm

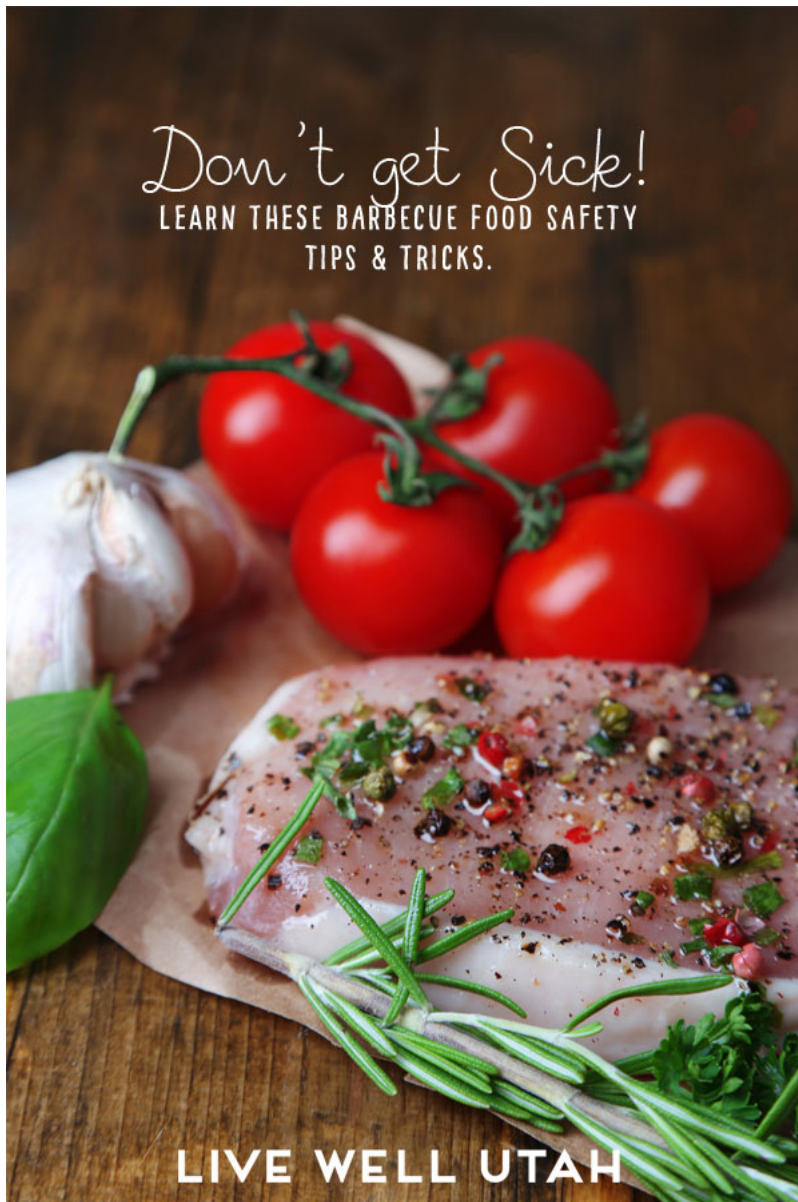
September 2, 2014 | Ruth Vine Tyler Library | 4:00 pm



Melanie Jewkes is a part-time Extension Associate Professor in Salt Lake County. She has worked for USU for 6 years. The best part of her job is learning and relearning some of the things that matter most—loving and caring for marriage and family, living within your means, and growing, cooking and eating delicious (and nutritious!) food. She and her husband have two adorable children and live in Taylorsville.

Don't Get Sick! Learn these Barbecue Food Safety Tips and Tricks!

Author – Darlene Christensen



Have you or someone in your family ever had food poisoning? I have, and I can tell you it is miserable! It's important to remember that it is almost 100 percent preventable (if you are preparing the food yourself). Think about these tips and tricks next time you are out barbecuing or picnicking so that you have a great time and stay healthy.

Eating outdoors in warm weather can be a food safety challenge. Bacteria in food multiply faster at temperatures between 40°F and 140°F. Cooking in the summer heat makes knowing basic food safety principles especially important.

Wash hands.

“Hand washing is THE single most effective way to prevent the spread of disease,” according to the Centers for Disease Control and Prevention. It’s really simple – make sure to wash your hands with soap and water for at least 20 seconds. To help kids learn this, try singing the ABC song with them while they wash. Cleaning up is especially important after using the bathroom and before cooking or eating. Oftentimes you find yourself outdoors with no bathroom in the summer. You can use a water jug, some soap and paper towels. Moist disposable towelettes are also good for cleaning your hands.

Keep raw food separate from cooked food.

You take the raw meat on a plate to the grill, right? But remember that you do not want to use that same plate to put the cooked meat on. This is known as cross contamination and can cause food-borne illness. Keep utensils and surfaces clean.

Marinate food in the refrigerator, not out on the counter.

Marinating can make meat tender and tasty. But if you want to use some of the marinade as a sauce on the cooked food, reserve a separate portion. Don’t reuse marinade that contained raw meat.

Cook food thoroughly.

A meat thermometer can really help in making sure meat is cooked to a safe temperature. Steaks should reach 145 degrees and then be allowed to rest for 3 minutes. Chicken should be cooked to at least 165°F. Hamburgers should be cooked to 160°F. If a thermometer is not available, make sure hamburgers are brown all the way through, not pink.

Refrigerate and freeze food right away.

It can be hard to remember while a party is going on, but food should not be left out of the cooler or off the grill for more than 2 hours. It’s especially important to remember NOT to

leave food out for more than one hour when the temperature is above 90°F.

Keep hot food hot.

Hot food should be kept at or above 140°F. Hot food should be wrapped well and placed in an insulated container – this will keep the heat in. If you have purchased something like fried chicken at a deli, try to eat it within two hours. Bacteria multiply rapidly after that and can make you sick. Don't forget to pack your meat thermometer. When re-heating food, be sure it reaches 165°F.

Keep cold food cold.

Cold food should be held at or below 40°F. Think about potato salad and similar foods. Keep them on ice in a cooler and don't set them out for long periods of time in the heat.

Those are the basic tips to remember. If you have ever suffered from food-borne illness, you know how miserable it is. Follow these simple steps to keep your food safe and enjoy your summer barbecues and camping trips.



Author Bio: Darlene Christensen is an Associate Extension Professor at Utah State University and serves as the family and consumer sciences/4H agent in Tooele County. She loves working with 4Hers and enjoys teaching adults.

Reference:

US Food & Drug Administration, Barbecue Basics: Tips to Prevent Foodborne Illness.

Hula Hooping for Exercise – Health Benefits

Author: Paula Scott



Using hula hoops for exercise is becoming all the rage for three reasons – the hoops are cheap, you burn calories and it's fun!

As a form of aerobic activity, the hula hoop can help firm, tone and burn body fat. The hoops used aren't the standard toys you played with as a child; instead, these large, customized hoops are weighted especially for the activity.

There is only hula hoop exercise you need to do. Simply twirl it around your waist (insert how to link from part 2 here). You don't need to get fancy or anything. That's it!

Hooping is good for the body, mind and spirit:

☐Gets your heart rate up

☐Promotes laughter

☐Burns

fat

☐Helps overcome shyness

☐Increases your overall fitness level

☐Promotes happiness

☐Increases energy level

☐Focuses the mind

☐Helps with weight loss

☐Encourages creativity

☐Burns

calories

☐Boosts

self-esteem

☐Improves core strength

☐Improves coordination

☐Strengthens torso muscles

☐Improves posture

☐Develops rhythm

☐Improves motor skills

☐Enhances flexibility

The Hoop may be one of the best and cheapest exercise pieces you ever buy!



WAIST

The key is to put one foot in front of the other instead of standing with your feet side-by-side. Start with the hoop against your back at your waist. Give it a gentle push to start the rotation around your waist and shift your weight back and forth between your front and back foot to keep the hula hoop moving. Don't move your hips in a circle to keep it rotating because the opposite will happen. As you shift your weight back and forth, your hips make more of a rocking motion than a circular movement. Keeping the hoop twirling around your waist is the most important of the hula hoop exercises. In fact, if you're strictly using the hula hoop for exercise and don't have a lot of time, this is the only exercise that's needed. It can be used anywhere and your waistline will really show improvement as the unwanted fat burns off the midriff and the stomach muscles tighten.

ARMS

To use the hula hoop to tone muscles in the arms, extend your arm to the side and roll the hoop around your arm in a circular motion. The idea is to keep the hoop moving around your arm. This exertion works to firm and melt body fat.

LEGS

You can do a similar exercise for the legs. To avoid losing your balance, lie on your back to work the legs. With one leg perpendicular to the floor, or at a slight angle, start the hoop spinning around your extended leg and keep it spinning for one to two minutes.

HIPS

Stand in a standard position, but instead of spinning the hoop around your waist; work it around your hips. However, the standard around-the-waist position will help with your hips, too.

Join a hooping club to get more from exercise with a hoop. If you find yourself enjoying hooping and want to take it to the next level, there's nothing like a guided workout. Many routines teach you to dance with the hoop for a full body workout.

To begin with, 2 minutes or less is probably all you'll be able to do before you get tired. That's fine. Your metabolism gets much more of a boost doing short mini-workouts throughout the day.

Have I got you convinced now to try HOOPING? It will be a fun way to sneak some physical activity into your kids' summer days or laugh and make memories at a family reunion!

Check out the history of the Hula Hoop

How to Hula Hoop



Paula Scott is a Utah State University Extension associate professor. She is the state director of the Expanded Food and Nutrition Education Program (EFNEP). Paula is a master's graduate of Utah State University. She has worked in food and nutrition positions for approximately 20 years focusing on educating people in the community.

Paula co-authored a national nutrition education curriculum for nutrition paraprofessionals. She is a Certified Family Home and Consumer Scientist, with experience in food and basic nutrition, and has always been interested in exercise and fitness, promoting the importance of nutrition and physical activity.

Articles used to create this post:

<http://www.webmd.com/fitness-exercise/news/20110210/hula-hoop-workouts-burn-calories>

<http://www.mayoclinic.com/health/weighted-hula-hoops/AN01638>

Get HOOPIING this SUMMER – History of the Hula Hoop

Author: Paula Scott



How much do you know about the Hula Hoop?

LIVE WELL UTAH

There are lots of ways to get exercise into your daily routine, but have you ever thought about hula hooping? It is a fun pastime that has been around longer than you may think! Here's a little history about it that may make you consider giving it a try!

Introduction to Hooping

“Hooping” is a term for hula hooping with large, customized hoops. There are more and more people hooping all over America and around the world.

Historical Background

The hoop has a long history, which pre-dates the 1950s hula hooping fad by several thousand years.

The hula hoop is an ancient invention – no modern company and no single inventor can claim that they invented the first hula hoop. The Greeks used hooping as a form of exercise.

Around 1300, hooping came to Great Britain; homemade versions of the toy became very popular. In the early 1800s, British sailors first witnessed hula dancing in the Hawaiian Islands. Hula dancing and hooping look somewhat similar, and the name “hula hoop” came together.

Richard Knerr and Arthur “Spud” Melin founded the Wham-O company, which helped popularize another ancient toy, the Frisbee.

Knerr and Melin started the Wham-O company from their Los Angeles garage in 1948. The men were marketing a slingshot originally invented for training pet falcons and hawks (it slung meat at the birds).

This slingshot was named “Wham-O” because of the sound it made when it hit the target. Wham-O also became the company’s name.

Wham-O has become the most successful manufacturer of hula hoops in modern times. They trademarked the name Hula Hoop® and started manufacturing the toy out of the new plastic Marlex in 1958. The toy itself could not be patented because it was such an ancient concept.

Twenty million Wham-O hula hoops sold for \$1.98 in the first six months. In the first two years, Wham-O sold more than 100 million.

Older hoops have been made from metal, bamboo, wood, grasses and even vines. However, modern companies “re-invented” their own versions of the hula hoop using unusual materials, for example; plastic hula hoops with added bits of glitter and noise makers, and hoops that are collapsible.

Hooping began creeping back into the American collective cultural consciousness a decade ago. Today, these hoops have grown from a child’s toy into a fun and useful tool. While lots of kids still enjoy hooping, many adults have joined in as well.



Hooping vs. Hula Hooping

“Hooping” is a term for hula hooping with large, customized hoops. Hooping is way more fun than the hula hooping you remember as a child, because the bigger and heavier the hoop, the slower it rotates around your body. This means that even if you think you can’t hoop, with one of these hoops, you can! If you can walk, you can hoop! Everybody can hoop, regardless of age, size or sense of rhythm.

Are you ready to give HOOPING a try? Tomorrow I will give you step-by-step info on just how to do it!



Paula Scott is a Utah State University Extension associate professor. She is the state director of the Expanded Food and Nutrition Education Program (EFNEP). Paula is a master’s graduate of Utah State University. She has worked in food and nutrition positions for approximately 20 years

focusing on educating people in the community.

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