

New weighted hula hooping club



Gateways has always offered pupils a long list of extra-curricular activities but one thing it's never had in its repertoire is a weighted hula hoop workout. Well, now it has!

Proving that hula hooping isn't just an activity for young children, High School pupils from Lower 5 to Upper 6 have been offered the opportunity to take part in a weighted hula hoop workout designed to target core muscles and improve cardiovascular health and posture.

Did you know, for example, that just 30 minutes of hooping can burn 165 calories, is equivalent to doing 200-300 sit-ups and can improve balance?

Not only that but it's great fun!

Over the next few weeks, we will be working on routines to work those obliques, quads, hamstrings, glutes and calves as well as performing aerobic exercises aimed at boosting both heart health and mental health.

Mrs Elizabeth Hayward