

Health

Instant Savings! \$\$\$
On hundreds of products
p.20

WALK YOURSELF THIN!

Lose 50 lbs or more

#1 FLAT BELLY SECRET

Blast Fat Without Crunches

ALERT!
THE SCARY NEW FLU

How you can stay safe p.124

Is It Just a Headache?

What's normal, what's not, p.86

Anti-Aging Discovery

- Boosts Energy
- Burns Fat
- Stops Cancer

3 Minutes to SKIN THAT GLOWS p.33

STAR TREK'S Jennifer Morrison

Health.com

your Happiest Summer!

89 Healthy Pleasures

*including ice cream

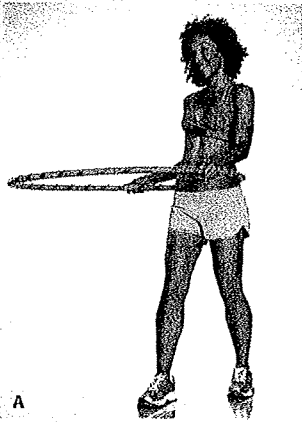
VACAY OR STAYCAY?
Either way, you'll look and feel great all summer with our 16 easy fitness tips at Health.com/vacay.

Healthy Shape

- DIET TRICKS
- ENERGIZING MOVE
- BEST BUYS
- GET-FIT TIPS
- SUCCESS STORY

THE FUN NEW BELLY BLASTER!

Tone not only your belly but your butt and thighs, too—and torch 200 calories in just 20 minutes—with this exhilarating Hula-hoop workout from Christabel Zamor, based on her new book, *Hooping: A Revolutionary Fitness Program*. Do each move for five minutes, then move on to the next. Hoop it up four times a week, and you'll look better in those key zones in four fast weeks.

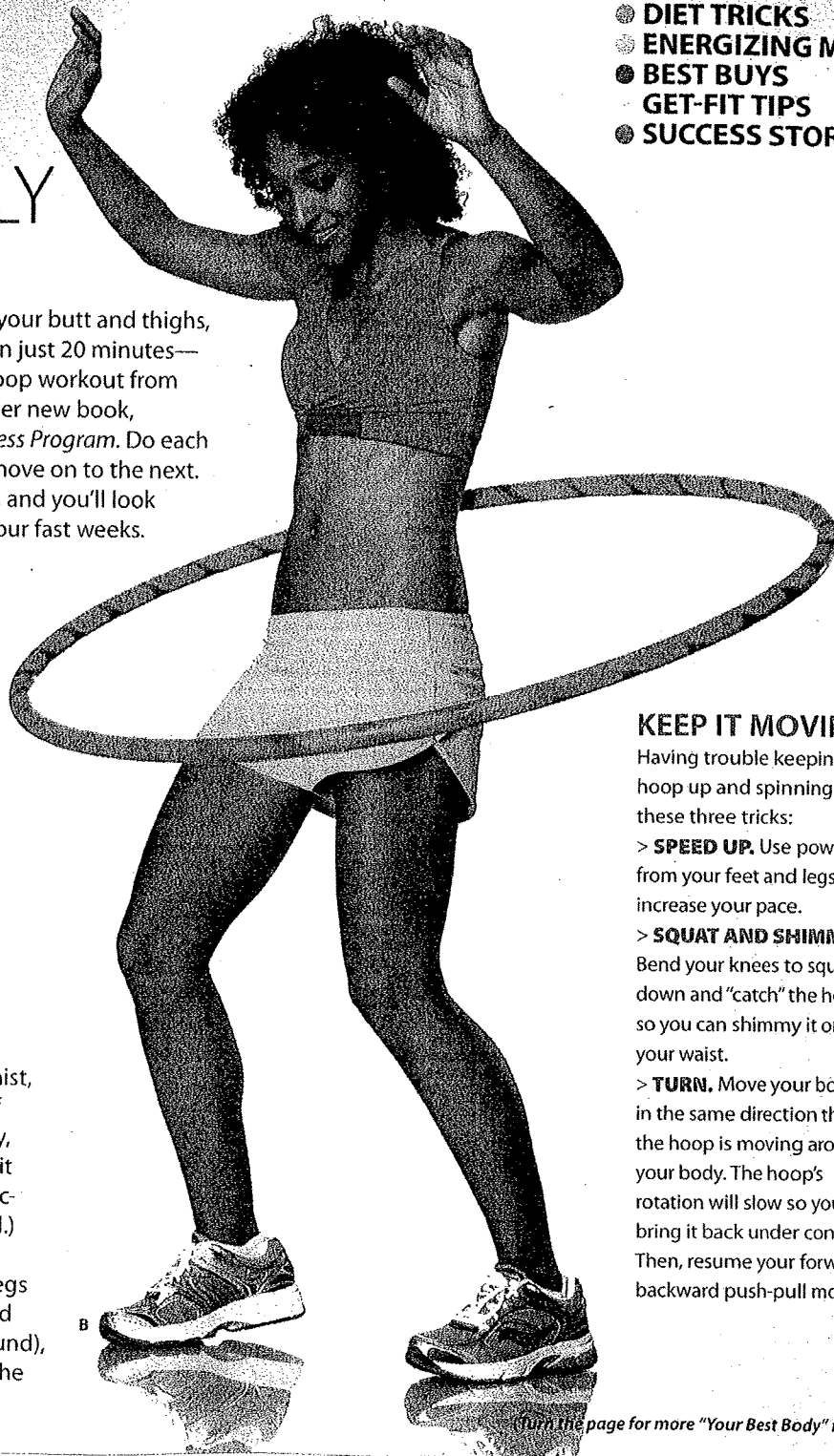


A

Basic Pump (for abs)

A. Stand with one leg forward and the hoop around your waist, holding it against the small of your back. Bend knees slightly, then spin the hoop by giving it a big push around in one direction. (Be sure the hoop is level.)

B. Shift your weight between your forward and backward legs to move your hips forward and backward (as opposed to around), pushing and pulling to keep the hoop spinning.



B

KEEP IT MOVING!

Having trouble keeping the hoop up and spinning? Try these three tricks:

> **SPEED UP.** Use power from your feet and legs to increase your pace.

> **SQUAT AND SHIMMY.** Bend your knees to squat down and “catch” the hoop, so you can shimmy it onto your waist.

> **TURN.** Move your body in the same direction that the hoop is moving around your body. The hoop’s rotation will slow so you can bring it back under control. Then, resume your forward-backward push-pull motion.

(Turn the page for more “Your Best Body” moves.)

Photos: Chris Shipman; Hair/Makeup: Suzanne Kazz/Kramer; Kemer Fashion styling: Vicki McGarry; Clothing: Top by Lululemon; Shorts by Lululemon; Shoes by Adidas (www.adidas.com)



Booty Bump (for thighs and butt)

With feet together, hold hoop against small of back. Bend knees and lean forward at waist. With arms raised and back arched, spin hoop; as it rolls over lower back, push up onto toes, popping hoop up with push from lower back. Bounce heels up and down to keep the hoop moving.

Deals
See p. 20

GET YOUR OWN. An "adult" hoop is larger and heavier than the kid version. Most sporting-goods shops and large retailers don't carry them (yet), but you can get one online at HoopGirl.com (turn to page 20 for a *Health*-exclusive discount), RadiantHoops.com, or BoiseHoopla.com.



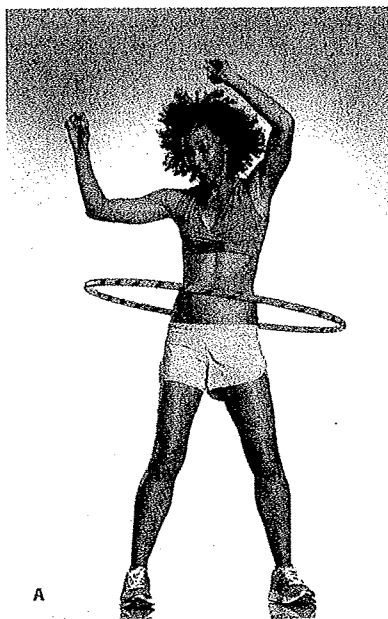
Vertical Whisper (for thighs)

Pass the hoop from hand to hand around your body. Pull belly button in toward spine; lift leg on the opposite side from hoop. Extend leg straight out, passing hoop underneath from hand to hand. Alternate legs; repeat.

BONUS HOOP MOVES! Up the challenge by visiting Health.com/hula for extra moves that'll super-firm your belly, butt, and thighs.

Booty Blitz (for butt)

A. Stand with one leg forward and the hoop around your waist, holding it against the small of your back. Bend your knees slightly, then spin the hoop by giving it a big push around in one direction (be sure hoop is level), shifting weight between your feet and moving your hips forward and backward to keep the hoop moving.
B. Slow the movement of your hips until the hoop begins to sink. As soon as you feel the hoop contact your butt, press your feet into the floor and increase the speed of your forward-backward push-pull motion, pushing into the hoop right above your pubic bone as it spins. ●



A



B

Easing Back Pain and Osteoporosis

DR. MICHAEL LUAN, A CHIROPRACTOR WITH A background in acupuncture and biomedical engineering, sees a lot of people with back problems. That's not surprising, given that back pain is one of the top reasons people go to the doctor. Dr. Luan regularly integrates hooping into his treatments.

Most people develop back pain from poor posture after long hours spent sitting—or worse, hunching—in front of computers and televisions. Stress and anxiety contribute to the problem. "Our day-to-day anxieties and stress cause our physiology to go into 'fear pattern.' We tuck our tails and bunch our butts, locking up the sacrum and the coccyx," says Dr. Luan. "In doing all this, we lose mobility of our hips and that is at the root of a lot of the back pain I encounter in patients."

Dr. Luan encourages hooping as a key to restoring hip mobility in his clients, helping them to unwind and unlock. "Hooping allows correct muscle sequencing, which reestablishes the balance of the load on your spine, which in turn diminishes pain and increases flexibility." In other words, the act of moving your hips fluidly shakes you out of the unhealthy ways your back muscles and bones have cemented into place from bad habits over time, so that your spine can recalibrate—back to its proper healthy position.

He also uses hooping with patients suffering

from osteoporosis and its precursor, osteopenia. In these conditions, the bones lose their minerals and become brittle. "What actually causes bones to demineralize is muscular contraction," he explains. "To counteract that, you need uniform motion that works all the muscles around the spine. Hooping achieves this." He points out that the weight-bearing exercises often prescribed don't evenly work the entire circumference of muscles attached to your spine, so hooping is actually better. Your core muscles activate when you push and pull the hoop, and by being active, they keep your bones healthier. Neat!

And is there anything to watch for when starting to hoop if you already suffer from back problems? Dr. Luan recommends

using common sense: "Don't hoop on bruised or inflamed areas. If your back is too bad to walk, don't hoop. But as soon as you can walk, you can get the hoop going! It's a low-impact activity that is deeply restoring."

As with all forms of exercise, to keep your lower back from being strained, allow your abdominal muscles to do a lot of work. A good way to make sure your abs are engaging is to suck them in, drawing your belly button back toward your spine. Tucking your tail by shifting your pelvis forward is another good way to protect your back.



Hooping and Acupressure

ARTURO PEAL, AN EXPERT IN CHINESE MEDICINE, anatomy, and kinesiology, recommends hooping to his clients primarily for unblocking chi. It's a common diagnosis in our culture, he says, "where people don't move enough physically or emotionally." Symptoms include restricted movement along the sides of the torso, severe PMS, depression, and a weakened immune system. The best cure for stagnation of chi is simply to get yourself, your blood, and your lymph moving, he says. "Movement in the hips as with salsa or hooping is ideal."

Peal points out that "like acupressure treatments, the hoop stimulates many vital points, impacting the most important organs of the body." Around the hips, on the back side of the body, the hoop's pressure impacts the bladder, the kidneys, the large intestine, and the points that relate to low back pain. On the front of the body, it reaches the

stomach, kidneys, liver, and spleen—and the locations of many points used for digestive and reproductive issues.

When the hoop rolls over the back of your hand, it can impact some of the points that have powerful systemic effects, particularly to treat pain (such as headaches and toothaches), insomnia, and anxiety, as well as local pain in that region from carpal tunnel and repetitive stress injuries.

There are even special acupressure hoops for sale in Asian markets. These are covered with bumps that are intended to increase the pressure on vital points. Unfortunately, there have been many reports of injuries caused by sustained hooping using these specialized hoops. Neither Dr. Peal nor I can recommend them. As he says, a regular smooth hoop works just fine. Don't mess with simple perfection!



Shrink YOUR BELLY!

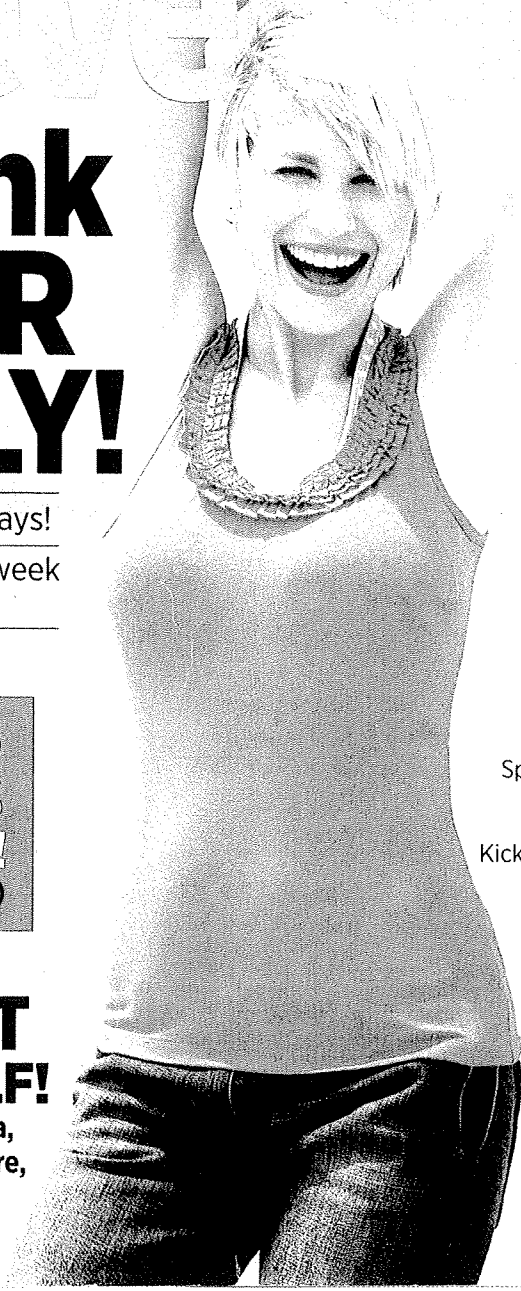
Slim a size in 4 days!

Lose a pound a week without dieting

DROP 10 POUNDS AFTER 40!
(Anyone can do it!)

CURE IT YOURSELF!

Wipe Out Insomnia, High Blood Pressure, Pain and More



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Fitness

1957

THE YEAR THE
MODERN HULA HOOP
WAS INVENTED

Whirl Off Weight

*Burn calories
and tone
your belly
with this blast
from the past*

Hula hoops aren't just for the playground. Michelle Obama has been spotted hooping with her daughter, and actress Marisa Tomei credits it for her strong, sexy 44-year-old physique. Adult-size fitness hoops (\$28; canyonhoops.com) are weighted to ratchet up their belly-flattening power and make them easier to twirl. Here's how: Move only your mid-section, keeping upper and lower body stable and rocking hips from side to side or front to back—not in a circle.