

A hula-hoop is a toy — a plastic, circular tube you rotate around your body by circling your hips. Some experts can get several *hula-hoops* spinning at the same time. (vocabulary.com)



- **Have you ever tried hula-hooping?**
- **If you have, how was it?**
- **If you haven't, would you like to?**
- **Is hula-hooping popular in your country?**
- **What other activities that are fun and help you keep fit can you think of?**

### Meet Anna McLeod!



- age 63
- from Christchurch, New Zealand.
- Dental Hygenist.
- started traveling by going to South America in 1976 for 1 year.
- traveled a lot in Africa, Europe, Asia.
- used to work on yachts to earn money for the trips.
- crossed the Atlantic by boat a few times.
- taught English in Japan.
- has been practising and teaching hula-hooping for several years now.

### Put the words in the correct order to make proper sentences out of them, and learn what Anna has to say about hula hopping:

India/ been/ times./ I've/ several/ to

years/ ago/ two girls/ the/ in/ I/ Goa,/ beach./ on/ saw/ five/ hula-hooping

me./ I/ if/ So/ could/ teach/ them/ they/ asked

said/ They/ yes.

hula- hooping./ I/ love

me/ makes/ happy./ It

and/ exercise/ It's/ good/ I/ hoops/ the/ can/ I/ travel./ me/ carry/ with/ when

collapsible/ are/ be/ They/ that/ can/ they/ which/ folded./ means

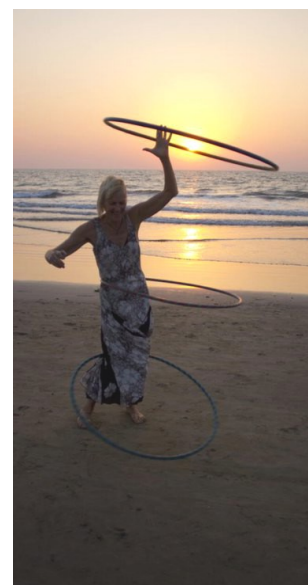
nice/ have/ so/ I/ because/ many/ hula-hooping./ met/ people/ of

hello/ People/ say/ am/ always/ come/ when/ hooping./ and/ I

they/ And/ try/ time/ it/ for/ their/ the/ lives./ in/ often/ first

enjoy/ They/ it./ really

I/ hula-hooping/ highly/ because/ can/ it/ it/ makes/ anywhere/ and/ people/ happier!/ do/ because/ you/ recommend



**The Key:**

I've been to India several times.

Five years ago in Goa, I saw two girls hula hooping on the beach.

So I asked them if they could teach me.

They said yes.

I love hula hooping.

It makes me happy.

It's good exercise and I can carry the hoops with me when I travel.

They are collapsible, which means that they can be folded.

I have met so many nice people because of hula hooping.

People always come and say hello when I am hooping.

And often they try it for the first time in their lives.

They really enjoy it.

I highly recommend hula hooping because you can do it anywhere and because it makes people happier!

