



## A Health Initiative to Address Childhood Obesity

920-336-6561

www.hoopedonhooping.com

## BENEFITS

- Consider the benefits of hooping:
- Burns 100 calories in ten minutes
- High energy cardio workout
- Builds strong and healthy core muscles
- Increases flexibility and tones and sculpts muscles
- Improves balance, agility and dexterity
- Helps decrease the "middle" fat
- Relieves stress and builds confidence
- A total body workout that's fun, feels great and keeps you smiling



As part of our partnership with the Green Bay Public Schools, our program "Thrive- to be the Best You", we donated hoops for two schools from Hooped on Hooping for the student's use at recess. The students excitement, enthusiasm and participation towards hooping has been amazing. They challenge themselves with learning new tricks, engage in creative play, and don't even realize how physically active they are, because they're having so much fun. This activity has been a very positive move to get kids moving more!

- Amy St. Laurent  
Director of Family Programs and Services  
Bellin Health

## OVERVIEW

Hoops for Kids is a community health initiative from Hooped on Hooping. The goal of the Hoops for Kids program is to get more kids active and moving at recess, as well as before and after school. We all know that increasing physical activity is a key factor in reversing obesity rates. The Hoops4Kids Program is one more way to fight childhood obesity, and keep kids active. Plus, it's fun.

Identify the package or giving level that you are interested in. Give us a call at (920) 336-6561 and we'll get the hoop spinning. If you have a school or organization in mind, great. If not, we'll locate a suitable school for your generous donation. We ask you to please join us in this health initiative to help curb childhood obesity.

## SPONSOR



## HOOP SIZES

Proper fit makes hooping easier.

Hoop sizes accommodate every shape and size:

**Small Hoops** 25-28" circumference. Recommended for small children, 4-6 years old. Discounted price: \$10 each.

**Medium Hoops** 29-32" circumference. Recommended for early elementary age children. Discounted price: \$15.

**Large Hoops** 33-36" circumference. Recommended for upper elementary children. Discounted priced: \$15.

**Extra-Large Hoops** 37-41" circumference. Recommended for taller children. Discounted price: \$17.

*We had an overweight underachiever who became an avid, exuberant, confident hooper. The kids really look up to him now - Kris Warden  
Principal, Chappell Elementary School*

### Jr. Hybrid Hoop

33-36" circumference, and weighs approximately 2 lbs. This hoop will assist heavy set children, or those having difficulty with hooping. Discounted price: \$20.

### Hybrid Hoop

37-41" circumference, and weighs approximately 2 lbs. This hoop is designed for adults or children having difficulty with hooping. Discounted price: \$22.

### Magic Hoops

37-41" circumference and weighs 2.5 pounds. Recommended for adults or larger students who have difficulty hooping. Discounted price: \$28.

## PACKAGE SELECTION

Priced from \$125 - \$1000

There are four standard packages.

**Platinum Package** ..... **\$1000**

The Platinum package includes approximately 65 hoops (depends on size selection), presentation at your school, a training session for school personnel, hoop fitness class or special event for sponsor, acknowledgment of sponsorship on Hooped on Hooping web site and press release to local papers.

**Gold Package** ..... **\$500**

The Gold package includes approximately 30 hoops (depends on size selection), presentation at your school, a training session for school personnel, hoop fitness class or special event for sponsor, acknowledgment of sponsorship on Hooped on Hooping web site and press release to local papers.

**Silver Package** ..... **\$275**

The Silver package includes approximately 17 hoops, presentation at your school, a training session for school personnel, hoop fitness class or special event for sponsor, acknowledgment of sponsorship on Hooped on Hooping web site.

**Bronze Package** ..... **\$125**

The Bronze package includes 7 hoops, training session for school personnel, acknowledgment of sponsorship on Hooped on Hooping web site.

*Having our students actively hoop at recess has increased their physical activity immensely. They love it so much that many can't wait to get outside.  
- Ann Barszcz  
Principal, Kennedy Elementary School*

## A LA CARTE

Value-added extras available in packages or a la carte

### Hoops

Hoops may be purchased individually or as part of a package. We can manufacture any custom hoops you may desire, and quantity discounts can be arranged based on your needs.

### Hoop Presentation

At recipient school ... could be in a gym class, recess time, or school-wide event. Covers safety, how to pick hoop sizes, as well as hoop exercises and skills. \$100

### Fitness Class

Hoop fitness class or event. \$75 per hour.

### Certification Program

Training for trainers. Coming soon. Visit our web site for details: [www.hoopedonhooping.com](http://www.hoopedonhooping.com)



Call Mary Pulak at (920) 336-6561 for more details.

Prices subject to change without notice. Effective October, 2009.