

# HULAPALOOZA

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## IT'S EASY TO MAKE A HULA-HOOP!

Constructing a hula-hoop is a simple project for all ages, and when it's complete, you'll be ready for Hulapalooza!

### HERE'S WHAT YOU'LL NEED TO GET STARTED.

Tubing from a home improvement store, such as Lowe's or Home Depot.

Choose tubing made from PE (polyethylene), HDPE (high-density polyethylene) or polypro (polypropylene).

PE is usually the easiest tubing to find and is the best for beginners. HDPE is a little lighter and harder than PE. Polypro is the lightest and moves the fastest, so this material is often the favorite of experienced hula-hoopers.

Tubing might be one-inch or three-quarters of an inch in diameter.

1.



### SUPPLIES THAT WILL TURN YOUR TUBING INTO A HOOP, INCLUDING:

- Ratcheting PVC cutter (the best way to cut the tubing)
- Connector that is the same size as the diameter of your tubing (i.e., a one-inch connector for one-inch tubing)
- Electrical tape or duct tape
- Hair dryer
- Decorative tape (optional)

2.



3.



### NOW, CHOOSE YOUR HOOP SIZE.

Bigger hoops, about 38 or 40 inches in diameter, are best for beginners.

For advanced hoopers, 32 inches is a good size; for intermediate hoopers, 36 inches is a great choice.

4.

### IT'S TIME TO MAKE YOUR HULA-HOOP!



Measure the tubing to your desired hoop diameter.

5.



Use your PVC cutter to cut your tube to the right length.

Plug in your hair dryer and use the highest setting to heat each end of your tube for 30 to 60 seconds. Make sure the air blows inside the tube. This softens the pipe for the connector.

6.



7.



Place your connector into one end of the tube.

8.



Slide on the other end of the tube until both ends meet.

9.



Cover the connection all the way around with electrical tape or duct tape. This fastens your tube into a hoop shape.

If you'd like to personalize your hoop, decorate it with tape of different colors or any materials that will motivate you to get moving.

10.



**YOUR HULA-HOOP IS FINISHED!**  
**HAVE FUN HOOPING YOUR WAY TO HEALTH!**

