

EXERCISE TO 'HOOP' AND HOLLER ABOUT!

New Year resolutions of retaining summer-won fitness often collapse when the dark, damp days of winter take hold.

But Amy McAuley from Powerhoop NZ has found a way to put the fun back into exercise any time of the year. For three years she has been inspiring and helping people become healthier and happier in their lives through finding an exercise they love.

"I discovered the Powerhoop some five years ago and fell in love with the amazing, bright coloured, weighted hoop which not only helped me lose weight but changed my entire body. Even the sciatica I used to suffer from vanished."

Inspired by this form of exercise, Amy brought the franchise to New Zealand when she moved here from Scotland in 2012 and has successfully run Powerhoop classes in Hawick for more than 3 years.

"They attract people of all ages, all

sizes and all levels of fitness," she says.

"We've built up quite a community and I'm delighted that Powerhoop has helped so many people achieve better health and wellbeing. Seeing body shapes change and confidence boosted makes me very happy."

Amy says the Powerhoop workout is massively popular throughout Europe and she would love to see it take off here in the same way.

"It's all about using the Powerhoop for an all over, full body workout to amazing music. It's much easier to use than a hula-hoop due to the weights and interior ridges, but it is about 70% more effective.

"People really do surprise themselves when they try it for the first time and can actually do it!

"Every class is different and everyone feels amazing afterwards – I pride myself in delivering, personal and



AMY MCAULEY

Photo supplied

energetic classes to really lift people's spirits."

And the results, adds Amy, are significant. "Customers regularly

achieve a stronger back, trimmer waist, flatter tummy and slimmer hips. You just need to try it to believe it. Powerhoop really is fitness with a 'twist'."