**What is Hula Hoop Dance**
Hula hoop dance is the combination of using a hula hoop while dancing. An individual may hold or rotate the hula hoop around different parts of the body, not just around the waist like traditional hooping. For instance, twirling the hoop overhead is very common. The person also incorporates some sort of dance, this can range from rhythmic, twirling, gymnastics, all the way to freestyle. Hula hooping is part of the flow arts. Flow arts are playful movements that explores sequential, flowing movements by manipulating props or toys (Jovan, 2010).

**History of Hula Hoop Dance**
Hula hooping has been around for centuries, it even dates back to ancient Greek times (Hoop History, 2013). The term ‘Hula Hoop’ originated when British sailors saw hula dancers on the Hawaiian islands, and believed the two looked extremely similar (Hoop History, 2013). The use of hula hoops stretched out to different areas over the years. Hula hoops began to be very popular in the circus, and then moved on to be used more commonly. People found hula hoops to be a great source of fun, exercise, and dance.

**Mindfulness Training**
Mindfulness training involves concentration on your different sensations as well as acceptance of your abilities (Harvard Health Guide, 2015). Hula hoop dance is a great way to practice mindfulness training. This form of practice can have great impacts on your well being, physical, and mental health (Harvard Health Guide, 2015).

**Well Being**
To promote your well being through hula hoop dance means that you are allowing yourself to enjoy the pleasures that life brings you and focusing on the present (Harvard Health Guide, 2015). Hula hoop dance allows for you to move freely without judgment and focus on your body's movements, releasing any concentration on outside factors.

**Physical Health**
Hula hoop dance is a great source of exercise, your body is consistently moving and you are typically working every aspect of your body. This can lower your blood pressure, risk of some chronic diseases such as heart disease, and keep you generally healthy (Harvard Health Guide, 2015).

**Mental Health**
When you are dancing with a hula hoop you are able to let go of other thoughts and concentrate on the present. This can have a great impact on your mental health by relieving stress and anxiety, helping with your confidence, and most all mental health aspects (Harvard Health Guide, 2015).

**Dance Based Exercise**
Studies have shown that there are numerous benefits associated with dance based exercises; including but not limited to: physical, social, and spiritual well being (Murcia, et al., 2010). The dance movements have positive influences linked specifically to self esteem and coping strategies (Murcia, et al., 2010). A study done with 500 participants showed that after dancing participants felt better about themselves and their bodies (Murcia, et al., 2010). Dancing is also often a social event and participants felt better about their social lives afterwards (Murcia, et al., 2010).

**Self Regulation**
Self regulation is the control of your own thoughts, emotions, and actions (Zelazo and Lyons, 2012). Practicing your self regulation has shown to aid processes associated with your inhibitory control, working memory, and cognitive flexibility (Miyake et al., 2000). A study was done with a teacher using a hula hoop to teach students how to self regulate, proving to be a great tool to use (Zelazo and Lyons, 2012). Training your self regulation abilities has shown to aid in your ability to manage physical, emotional, and social aspects in ones life (Carlson et al., 2001). Hula hooping specifically can aid in self regulating posture, breathing, relaxation, coping abilities, social life, and many more attributes (Carlson et al., 2001).