# Weighted hula hoops become a fitness sensation this holiday season



Weighted hula hoops have emerged as a prominent fitness trend, topping Amazon's bestseller list after a resurgence in popularity seen this week. This surge coincides with the approaching holiday season, prompting many consumers to enhance their physical fitness in anticipation of warmer weather and beach outings.

Retail writers note the appeal of a specific model available for £17, indicating a growing interest among consumers aimed at improving core strength and overall fitness. The product is being particularly embraced on social media platforms, with TikTok hashtags celebrating the "FitTok" phenomenon showcasing celebrities such as Michelle Obama, Beyoncé, and Pink engaging in hula hooping as part of their fitness routines.

One individual who recently began using a weighted hula hoop shared her experience, detailing the device’s unique design. Made from interlocking plastic links, the weighted hula hoop is not the conventional toy from childhood but a versatile fitness tool that promises to engage core muscles and enhance posture. This user, who works full-time and has adapted her routines to fit a home environment, described how the setup allows for quick assembly and use, making it ideal for those with tight schedules.

The weighted hula hoops are designed to make workouts effective; they require users to fully engage their midsection to keep the hoop spinning. Adjustability in the length of the string that connects the weight offers flexibility in difficulty, which may assist beginners in developing their skills.

However, achieving a consistent motion can be challenging initially, and the user reported it can be helpful to combine hula hooping with other forms of entertainment, such as watching television shows. Over time, the user has noted she can burn between 120-150 calories in half an hour and appreciates the fun and dynamic aspect it adds to her fitness regimen.

This product has garnered significant consumer feedback since its revival, amassing over 15,000 reviews and averaging a rating of 4.2 out of 5 stars. Sales figures illustrate its increasing popularity, particularly with more than 300 units sold in the last month alone. Variations of the hoop are available in a range of colours and styles, with prices fluctuating between £17.28 and £23.74.

Reviewers have highlighted its sturdiness and value, with a large percentage of them assigning four or five stars in their evaluations. Positive testimonials reflect users’ satisfaction with both the workout results and the enjoyment derived from using the hoop, while recommending it as a low-impact fitness alternative suitable for a variety of ages and abilities.

Conversely, not all feedback has been positive. A few users expressed dissatisfaction, citing issues such as excessive noise during use and discomfort caused by the device during prolonged periods. Comparison with traditional hula hoops revealed a preference among some individuals to stick with the classics, favouring the joy and engagement they found in using wider hoops.

Overall, as the trend continues to captivate a diverse audience of fitness enthusiasts, the weighted hula hoop stands as a noteworthy example of how innovations in traditional exercises can appeal to modern consumers seeking engaging ways to enhance their fitness routines.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.womenshealthmag.com/fitness/a41803698/do-weighted-hula-hoops-work/> - Corroborates the effectiveness of weighted hula hoops for weight loss, core strengthening, and cardiovascular fitness. It also highlights their fun and low-impact nature, making them appealing for diverse fitness levels.
* <https://theeverygirl.com/weighted-hula-hoop-review/> - Supports the benefits of weighted hula hooping, including improved cardiovascular fitness, core strength, and balance, while emphasizing its low-impact and enjoyable nature.
* <https://www.openpr.com/news/3588295/the-future-of-fun-fitness-insights-into-the-weighted-hula-hoop> - Discusses the growth and market trends of weighted hula hoops, highlighting their popularity due to fun and effective fitness benefits, as well as their role in the broader fitness equipment industry.
* <https://www.acefitness.org/certifiednewsarticle/1094/ace-sponsored-research-hooping-effective-workout-or-child-s-play/> - Provides scientific research backing the calorie burn and cardiovascular benefits of hula hooping, positioning it as a viable workout similar to other group fitness classes.
* <https://toscareno.com/best-exercise-hoops/> - Reviews various weighted hula hoop products, emphasizing their effectiveness for exercise and highlighting features such as adjustability, durability, and ease of use.