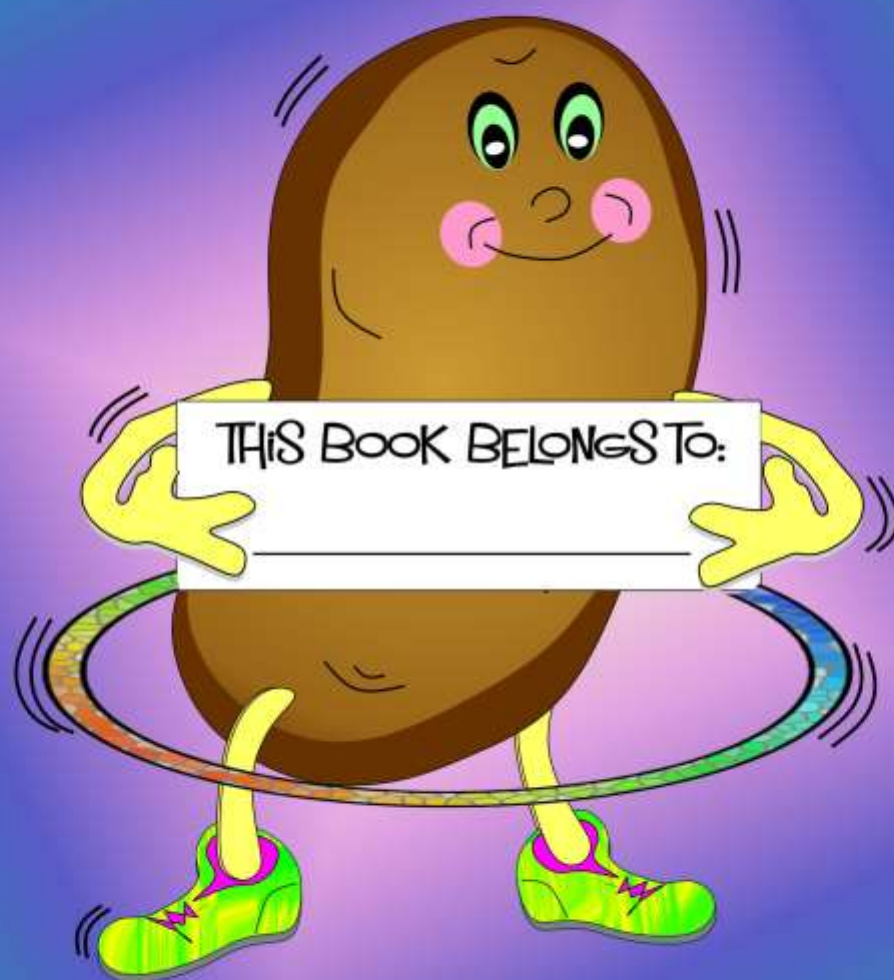


My Couch Potato Poem



by Jean Hooper



My Couch Potato Poem

Written by: Jean Hooper

Illustrated by: Russ Holt

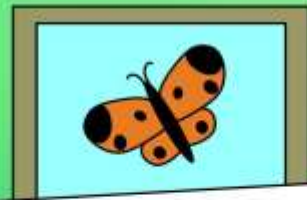
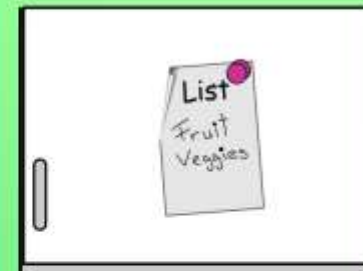
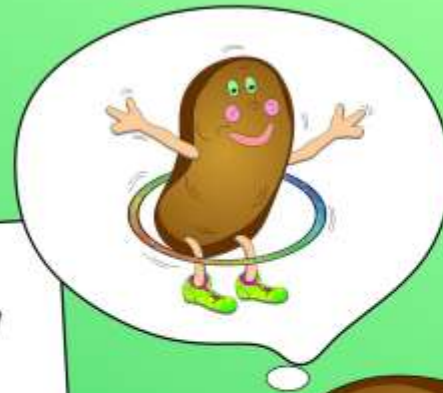


Visit our Interactive site:
www.HoopWithMe.com

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I was a Happy
Couch Potato,
eating chips and
candy!

Then one day it
came to me,
a Hoop might
come in Handy.



You can't eat all
those kinds of food
and let your body Sit!



Grab a Hoop, it'll
change your mood,
and help you to
Be Fit !!





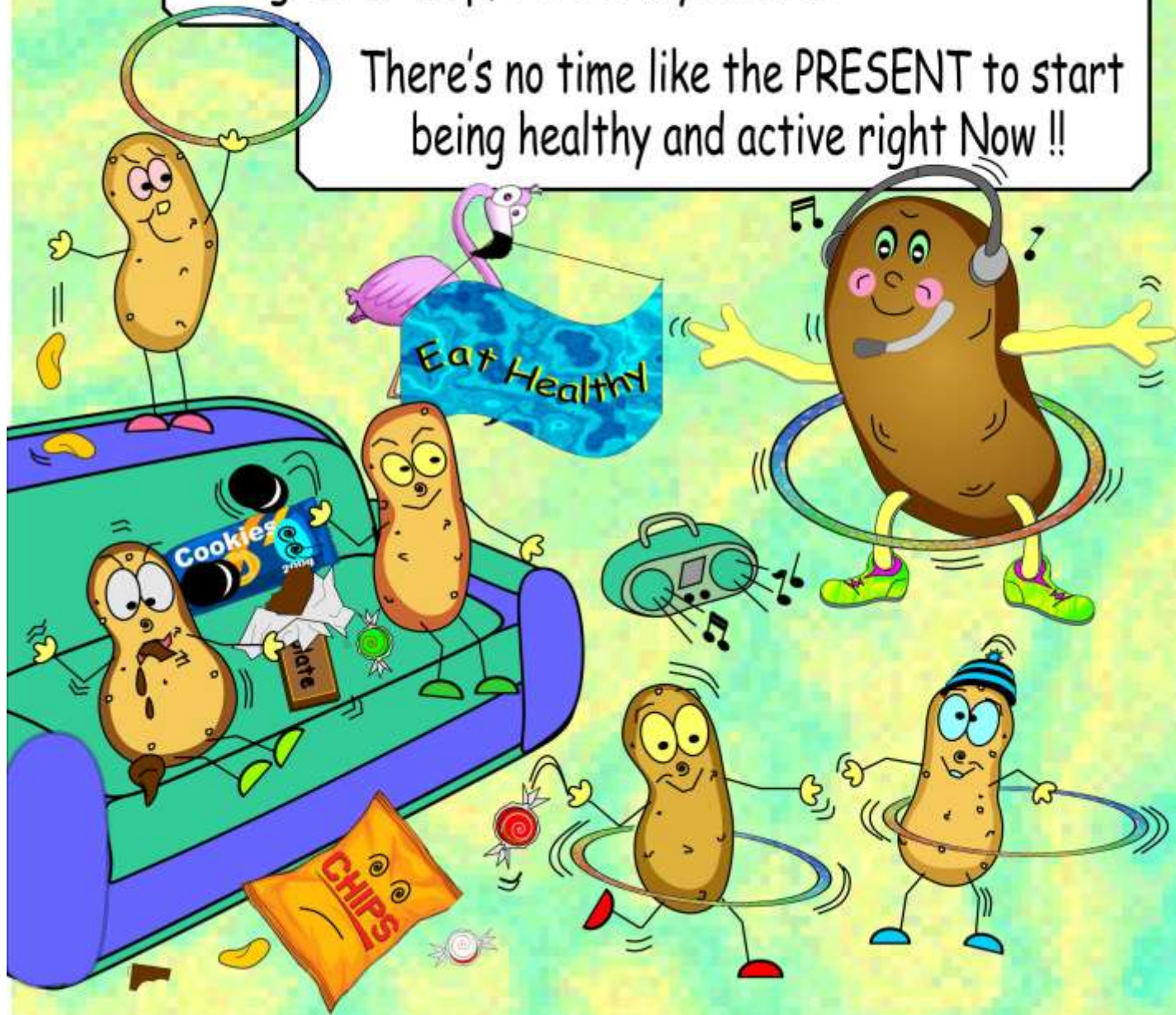


Don't get me wrong, I eat good Food Too,
fruits and vegetables every day.

But I can't lie, I'll tell you now,
chips and candy still **GRAVITATE** towards my way !!

If this sounds like you, come hoop with me too,
grab a hoop, I'll show you how.

There's no time like the PRESENT to start
being healthy and active right Now !!





Hi. My name is Jean Hooper, and I am a hula hoop teacher. (And, yes my last name really is Hooper! ☺) Thank you for reading my story! I hope you enjoyed "My couch potato poem". I started hooping in my living room years ago, thanks to my best friend who bought a \$6 water weighted wave hoop, and encouraged me to start hooping. I loved it so much I started hooping everywhere, and teaching at schools, parks, health fairs and more. I hoop every day to stay healthy and active, as

well as teach others. I would love to hear your story too! — Please visit my interactive website at www.myhooperhood.com and tell me your story! Tell me what you're good at, what kind of exercise you like to do, and what healthy recipe's you might have, that you think might help inspire others to eat healthy too! We'll share them on our website to help inspire others to eat healthy and stay healthy, just like my friend helped me! Together, with your inspiring helpful healthy hints and recipes, we can help each other!

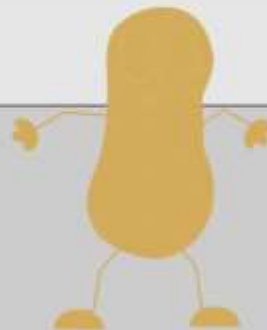
Eating healthy all the time can be very challenging, so by offering alternative healthy snacks (or as I like to call them "HEALTHY HOOPER-SNACKS") can be a great way to start to help you replace eating too many chips and candy with good tasting healthier choices. Thank you for helpin' this Hooper out, I will look forward to hearing from you. ☺

Many cheers and thank you!
Happy Hooper
Jean Hooper

Healthy Hooper Snacks



Place
Healthy Food
Stickers on
Shelves



Paste a Picture
Of You doing
Your Favorite
Activity Here.

Paste a Picture
Of You doing
Your Favorite
Activity Here.

My Favorite Activities

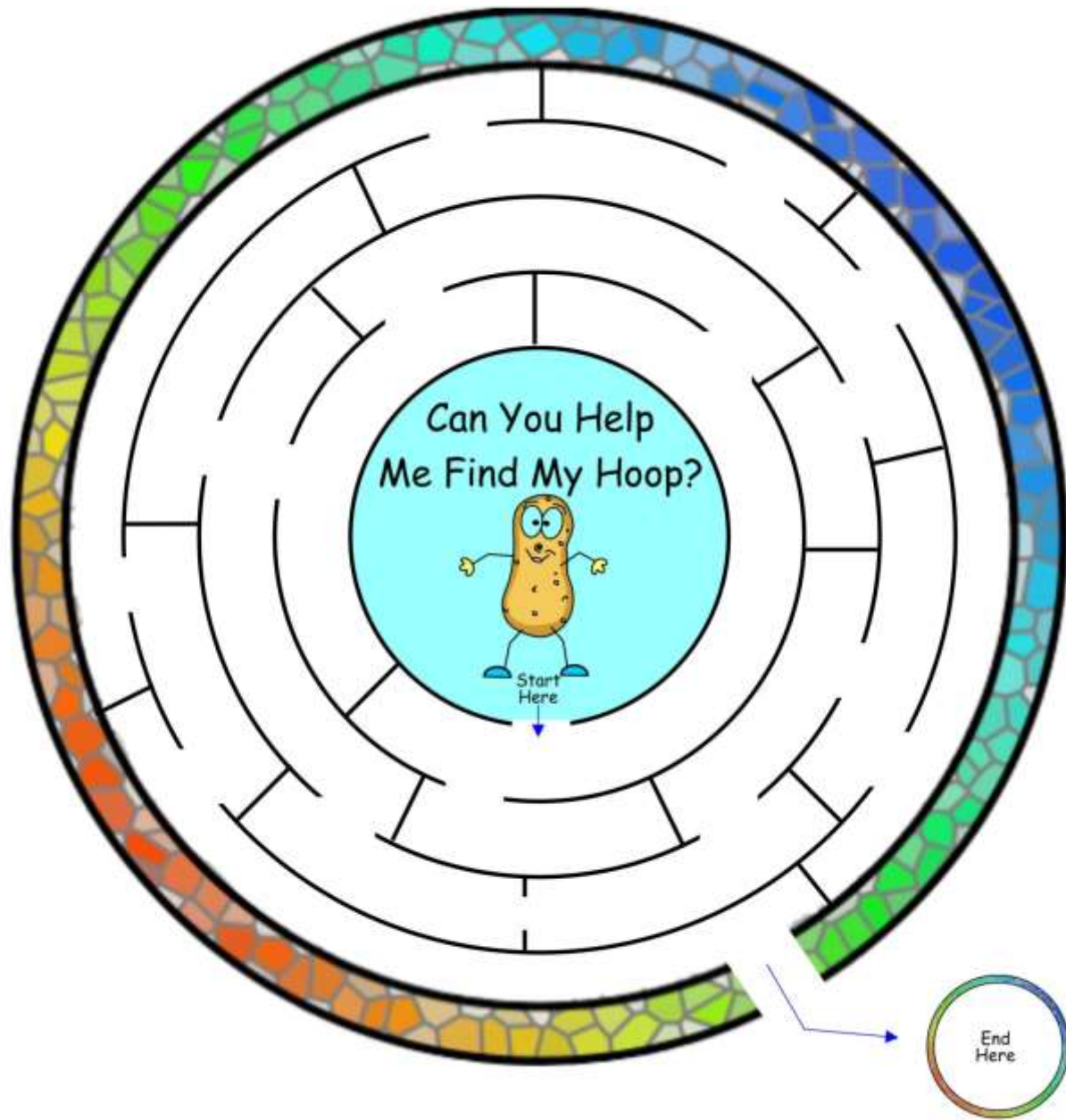


Paste a Picture
Of You doing
Your Favorite
Activity Here.



My Poem
by;







COUCH POTATO POEM -- Written By: Jean Hooper

I was a Happy Couch Potato, eating chips n candy.
Then one day it came to me, a HOOP might come in Handy.



You can't eat all those kinds of food, and let your body SIT!
Grab a hoop, it'll change your mood, and help you to be FIT!

With that in mind, it took some time, but I had gotten pretty good!
I started hooping everywhere, right in my neighborhood!

This hoop of mine helps me be KIND, beyond what I'd imagined...
It helps my mood, burns off my food, I No longer SIT on the couch I had
sat in!

Don't get me wrong, I eat good food too, fruits n vegetables every day.
But I can't lie, I tell you now, chips and candy still GRAVITATE towards my
way!

If this, sounds like you, come hoop with me too, grab a hoop, I'll show you
how.

There's no time like the PRESENT to start being healthy, and active right
NOW!





It is my life's mission and passion to get everyone in America "up off the couch" and hooping, in an effort to help combat the growing obesity epidemic. As a former "Couch Potato" I believe my energetic style of Wave Hooping and my story will inspire and encourage others to get off the couch and be active with my interactive "Hoop With Me" programs.

These programs are fun and can change the way we look at exercise while greatly improving the health of kids and adults of all ages. We will boost your self esteem; help you achieve and accomplish your health and fitness goals; and encourage you to eat healthy food each and every day.



Please Visit - www.HoopWithMe.com