

'It doesn't feel like work!' - the hula hooping mum

Vocabulary

to be made redundant to incorporate to liberate to snowball

Article

When Hannah Murphy, 36, was made redundant from her eight-year career as a flight attendant, she saw it as an opportunity to set herself a new challenge. Hannah trained as a fitness instructor and began to incorporate a hula hoop into her training.

"It wasn't just a useful exercise tool, it was so much fun. The moment I started hula hooping, I was transported back to my childhood, it was really liberating."

As word got out, friends and family began to ask for lessons, followed by requests from local schools for Hannah to come in and teach children how to hula hoop.

"It snowballed and before I knew it, I had so much interest in hula hooping fitness classes, I had to train other instructors to help me. I went on to create a training programme called Globe Fit which is now taught by teachers all around the world."

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Quiz

1. What did Hannah do after losing her job as a flight attendant?
2. Why did she have to train other instructors?

Conversation

A: Hey Mari, you have to come and try out this new fitness class. It's amazing!

B: No, thanks! The last time you roped me into a workout, I twisted my ankle!

Discussion

1. Can you hula hoop? When was the last time you tried?
2. What other exercise programs are popular? Have you done any of them?
3. Have you ever been injured? What happened?
4. If you could start your own business, what would you choose?