

# The HOOPnastics

BODY MAKEOVER METHOD

A SAFE, FUN AND EASY TO LEARN SYSTEM FOR DEVELOPING A FIT AND YOUTHFUL BODY

Andy Larson, M.D. & Ivy Larson  
HAVE WORKED TOGETHER TO DEVELOP THIS  
FUN, INTERACTIVE WAY TO STAY FIT AND  
STRENGTHEN CORE MUSCLES. FOR MORE  
INFORMATION PLEASE VISIT  
[WWW.THE2LARSONS.COM](http://WWW.THE2LARSONS.COM)



THE 2Larsons  
IVY LARSON & ANDY LARSON, M.D.

## WHAT IS HOOPNASTICS?

The Hoopnastics Body Makeover Method is a physician-designed no-impact extraordinarily effective and safe series of orthopedic movements that use a fitness hoop to incorporate interval training with resistance training. The unique exercise method fuses legendary fitness techniques from ballet, rhythmic gymnastics, pilates and yoga to firm, lengthen, and shape the body while creating superb balance, posture, pelvic floor strength, flexibility and endurance... the result is a body that looks and moves 10 years younger! The routine works joints through a full range of motion to keep your body limber and flexible while the controlled movements and weight bearing exercises strengthen and tone every major muscle in your body. Best of all, it's a fitness program that can be adapted to all ages (from 25 to 65!) and all fitness levels.



## SHAPE UP WITH THE HOOPNASTICS BODY MAKEOVER METHOD:

The Hoopnastics Body Makeover Method is highly effective for developing and maintaining a superior level of functional fitness for the following reasons:

- The brisk-paced no-impact workout safely burns a lot of calories
- The routine works joints through a full range of motion to keep your body limber and flexible
- The controlled movements and weight bearing exercises strengthen and tone every major muscle in your body
- The workout is intense enough to keep the heart rate elevated, improve endurance and condition the cardiovascular system
- The unique hula-hooping component works your midsection in a circular pattern therefore training every muscle in the core of your body while simultaneously toning your arms, increasing the flexibility in your spine and providing a fabulous no-impact calorie-burning cardio workout



## WHAT MAKES THE HOOPNASTICS BODY MAKEOVER UNIQUE?

- The Hoopnastics Body Makeover Method incorporates “hooping cardio-core” interval training segments using a sports hula hoop for a completely no-impact cardio component that not only burns calories and fat but also targets the notoriously neglected transverse abdominal muscles with the “drawing in maneuver”. By training the transverse abdominal muscles spinal stability is increased and you are able to achieve the absolute flattest stomach possible. The “hooping cardio-core” intervals also use rhythmic movements that activate a relaxation response to counteract the harmful effects of stress. Kegel exercises can even be performed while doing the hooping cardio-core intervals to simultaneously strengthen and tone the pelvic floor muscles. Finally, the workout uses the hoop for a variety of toning and strengthening exercises for the entire body.
- The Hoopnastics Body Makeover Method keeps the heart rate elevated with dynamic no-impact movements that burn calories and fat while simultaneously building lean muscle mass to increase resting metabolism. By fusing flexibility training with firming exercises the body is lengthened, tightened and toned from head to toe.
- The Hoopnastics Body Makeover Method is a 1-hour workout divided into 2 parts: PART 1 is a 35 minute “Cardio-Hoopnastics” workout that alternates between segments of hooping-cardio core intervals and standing lower body strength and balance exercises blending moves from ballet and yoga incorporating the sports hoop / PART 2 is a 25 minute toning and lengthening pilates-inspired mat workout incorporating the sports hoop for lying down and seated core exercises plus an intense arm toning sequence using resistance bands attached to the hoop. The workout ends with deep muscle toning exercises for the glutes and thighs and a stretching routine that uses the sports hoop.
- The Hoopnastics Body Makeover Method demands focus and awareness, therefore creating a superb mind-body connection.
- The Hoopnastics Body Makeover Method burns twice the fat of aerobic exercise without jarring the joints and increases resting metabolism the equivalent of running 1 1/2 miles a day every day, even on the days you don't exercise!
- The Hoopnastics Body Makeover Method is the ultimate transformational physical fitness experience and the safest workout program for getting a younger body...fast!
- The Hoopnastics Body Makeover Method Improves balance, coordination and body awareness while working the body as a whole, integrated unit resulting in a long, lean, toned and symmetrical dancers physique
- The Hoopnastics Body Makeover Method is easy to learn, fun to do and feels good!



ANDY LARSON, M.D.  
& IVY LARSON



ANDY LARSON, M.D., FACS IS A BOARD CERTIFIED GENERAL, LAPAROSCOPIC AND BARIATRIC SURGEON AND THE MEDICAL DIRECTOR FOR JFK MEDICAL CENTER'S BARIATRIC WELLNESS AND SURGICAL INSTITUTE. DR. LARSON GRADUATED WITH DISTINCTION FROM CORNELL UNIVERSITY AND FROM THE UNIVERSITY OF PENNSYLVANIA SCHOOL OF MEDICINE. HE HOLDS A FELLOWSHIP IN THE AMERICAN COLLEGE OF SURGEONS AND IS A BOARD MEMBER OF THE PALM BEACH COUNTY MEDICAL SOCIETY. DR. LARSON HAS PUBLISHED MULTIPLE PEER-REVIEWED MEDICAL JOURNAL ARTICLES AND PRESENTED SCIENTIFIC RESEARCH AT NATIONAL CONFERENCES. ALONG WITH HIS WIFE, IVY, HE HAS AUTHORED THREE NATIONAL TOP SELLING BOOKS TO DATE IN ADDITION TO SERVING AS THE MEDICAL EXPERT FOR THE CHICKEN SOUP FOR THE SOUL HEALTHY LIVING: WEIGHT LOSS BOOK

IVY LARSON IS A HEALTHY LIFESTYLE COACH AND FITNESS INSTRUCTOR CERTIFIED WITH THE AMERICAN COLLEGE OF SPORTS MEDICINE. SHE'S A REGULAR WELLNESS CONTRIBUTOR ON LIFETIME TELEVISION, WHOLE FOODS COOKING INSTRUCTOR AND AUTHOR, INCLUDING THE AMAZON.COM #1 BEST-SELLING GOLD COAST CURE BOOK WITH WORKOUT DVD. IVY IS A POPULAR FIGURE AMONG TOP NATIONAL MEDIA OUTLETS, HAVING GRACED THE COVER OF LET'S LIVE AND BEEN FEATURED IN TIME MAGAZINE, FITNESS MAGAZINE, LIFE & STYLE, GET ACTIVE, OXYGEN, WOMAN'S DAY, WOMAN'S WORLD, STAR, NATIONAL EXAMINER, FIRST FOR WOMEN, AND QUICK AND SIMPLE. SHE HAS APPEARED ON CNN, THE MONTEL SHOW, NBC'S I VILLAGE LIVE AND RECENTLY HOSTED A "10-WEEK LIFESTYLE MAKEOVER PROGRAM" ON LIFETIME TELEVISION'S THE BALANCING ACT. SHE HOLDS ADDITIONAL PROFESSIONAL CERTIFICATIONS AS A FITNESS INSTRUCTOR AND FITNESS TESTING SPECIALIST THROUGH THE FITNESS INSTITUTE INTERNATIONAL.