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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Hula Hoop Hoopla**

**By Deborah Shelton**

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Which favorite toy pastime is fun for all ages and makes adults nostalgic for their childhood? Hula-hooping, of course! Stock up on inexpensive hula hoops and try your hand...er, hips...at these silly games.

1. Hula Hoop Contest: Challenge your mom, dad, best friend, and even your little brother to a hula hoop contest. Turn the radio on to upbeat music and watch the clock. The person who can hula the hoop longest, wins!
2. Hula Hoop Jumping: Put a fresh spin on an old game of jump rope. Use a very large hula hoop to jump and skip around the neighborhood. Once you get the hang of it, have hoop jumping races!
3. Hula Hoop Obstacles: Set up a super fun hula obstacle course in your backyard. Create different stations with various tasks such as (Station 1: hula hoop for 10 spins; Station 2: jump through three hoops that are held by three different people; Station 3: jump rope with a hula hoop while singing "Miss Mary Mack" or another silly rhyme, etc.
4. Hoop Toss: Scatter cardboard boxes or empty plastic soda bottles around the yard with space between each. Write point numbers on each box or bottle. Take turns gently tossing hula hoops to encircle the boxes. The player with the most points wins!
5. Hula Mastery: Try to copy the incredible skills of Cirque du Soleil hoop performers. Start out with one hoop on your arm, and then add another spinning hoop to your other arm. Once both hoops are spinning in time, try to pick up a hoop from the ground with your foot and spin it around your ankle. Bravo!

Deborah Shelton is a mother, freelance writer, and author of the brand new book, "The Five Minute Parent: Fun & Fast Activities for You and Your Little Ones." Visit Deborah's website for more

family–friendly ideas:

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### **3 Little Known Tips Of Basketball Hoop Shopping**

**By Richard Menzel**

I've got a confession to make. I play basketball. I play it very poorly and can't make very many of the shots that I shoot at the basketball hoop. I have a feeling that I am not alone in the world at being a rather poor basketball player. However, one thing that I'm not bad at is comparison shopping. I've mastered the ancient art of comparing prices between merchants and can usually ferret out a fairly good deal with a little bit of leg work. Basketball hoops are no different than other items when it comes to shopping for them. There are some tips you should know before embarking on your journey to shop for a basketball hoop.

1)New or Used. You really might consider buying a used basketball hoop if you are interested in value. However, make sure you are buying one that hasn't been banged up too bad. Years of basketball practice can only make your rim bent and dirty. Ebay can be a great place to buy used equipment and basketball hoops are regularly for sale on Ebay.

2)Do your homework by comparing different merchant offers on different search engines and different websites. Just because something is advertised for sale on Google doesn't mean its also advertised for sale on Yahoo. Some merchants advertise their good strictly through the Amazon partners program and don't do any other advertising anywhere else. Price vary drastically and the only way you will know that you are getting a good deal is to examine what the different people are selling the same goods for on different websites. Basketball hoops are no exception.

3)Learn about the different types and styles of basketball hoops. Without the knowledge of what you are buying, points #1 and #2 are nearly worthless. Buy your hoop the right way and get a great deal on one by being an informed consumer. Learn how to buy a basketball hoop and you can guarantee that you got a better deal than everyone else.

Tim Jeffries is author of "The Basketball Hoop Guide." Get your copy at

<http://www.basketballhoopers.com>

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