

## **National Hoop Expert Loren Bidner Joins the "Forgotten Fat" Campaign:**

Nationally renowned hoop fitness expert, Loren Bidner, has joined "The Good, The Bad and The Forgotten Fat" campaign! Hooping, the latest fitness craze, is an aerobic exercise that tones your abdominals, increases cardiovascular stamina and strengthens core muscles.

This innovative, exciting and fun new way to exercise will make you sweat and help trim your waistline, which may mean much more to your health than simply looking good. Studies show a link between an enlarged waistline and elevated triglyceride levels. Those with both of these risk factors are three times more likely to suffer from cardiovascular disease or even death.

If you're tired of running on a treadmill or spending countless hours in the same old gym, maybe it's time to try something new! Join Loren Bidner and start shaking your hips to a slimmer waist and healthier body today. For more information on hooping or to purchase your own hoop, go to [hoopclass.com](http://hoopclass.com)