



Step-by-Step Planning Guide

What is Hulapalooza? [Hulapalooza](#) is a joyful celebration of abundant health centered on a fun hula-hoop theme. It can be adapted to fit the needs, schedule and volunteer availability of any local church. It might involve group hula-hooping competitions, worship, speakers, music, a Bible study, mission activities, speakers, hoop art projects, a health fair, games for kids, and more! Perfect for community building and outreach, the event is an opportunity to improve health and wholeness for all.

Why should my church host a Hulapalooza event? John Wesley was a strong proponent of preventative care and healthy living, so Methodism has a long history of engaging in ministry that supports mind, body *and* spirit. Hulapalooza provides an easy way to continue the tradition!

The event is a great opportunity to:

- Build stronger bonds among congregants
- Reach out to people who are seeking connection with a faith community
- Provide everyone (all ages, abilities and backgrounds) a chance to come together to fulfill a common need: to find fun ways to invest in their overall health
- Boost awareness and support of health-related missional opportunities and community needs
- Celebrate the health ministries that you already have, or help launch a new ministry
- Encourage greater appreciation for healthy living and the church's role in supporting holistic well-being

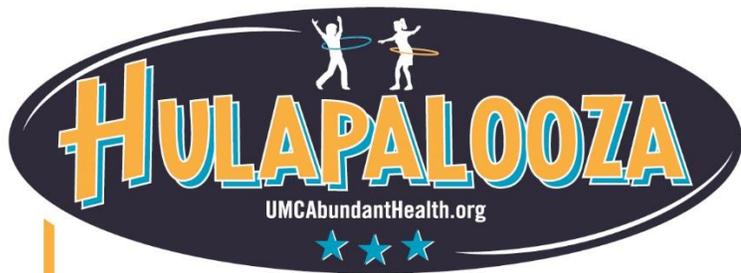
What is a health ministry? The term "health ministry" means different things to different churches because every community needs different resources and support, depending on the issues that families and individuals are facing. It might be regular exercise classes, supporting youth sports leagues, hosting addiction support groups, a financial planning seminar, a community prayer labyrinth, or baby-sitter training – that is why each local church should define it after identifying what community needs they can rise up to meet. Learn more:

- [Health ministry opportunities](#)
- [UMC Health Ministry Network](#)
- [GBCS Health and Wholeness](#)

Is Hulapalooza just for youth and kids? No! Hulapalooza is for everyone, regardless of age or the ability to hula-hoop! You can use a hoop for stretching exercises, art activities and games. Your event can also include a Circle of Care Health Fair, healthy meal and other activities that encourage healthy living so that everyone has a chance to participate in the event.

What's a Circle of Care Health Fair? The fair is an opportunity for event attendees to find out more about how they can care for their holistic well-being. A clinic could perform blood pressure checks, a local gym could distribute information about classes, a local farmer could sell produce, mental health support groups could offer resources, a nutritionist could consult with families about healthy meal planning, a quiet prayer room could be set up for spiritual renewal and respite...the possibilities are endless. (See the [Circle of Care Health Fair planning guide](#) for further details.)

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What healthy meal options should we consider? If your city has food trucks, consider inviting several who offer healthy items. You can also opt to have a Well-Rounded Healthy Potluck and ask people to bring items to share that are wholesome yet delicious. You could even hold a competition to see who brought the tastiest dish! (Explore the [Lighten Up potluck recipe guide](#) for ideas.)

If your event is not held during a meal time, simple snacks (granola bars, vegetables, fruit, bottled water) will be sufficient for attendees.

What if I (along with many people in my church) can't hula-hoop? That is no problem! All you need is a lighthearted spirit and willingness to give it a try. A video is available to teach you how to hoop, step by step. Those in the church who don't have the physical ability or desire to hoop can be a cheering section, serve in a volunteer role, or participate in other aspects of the event.

What volunteer needs are there? Volunteers will staff each of the various aspects of the event you choose to include, such as:

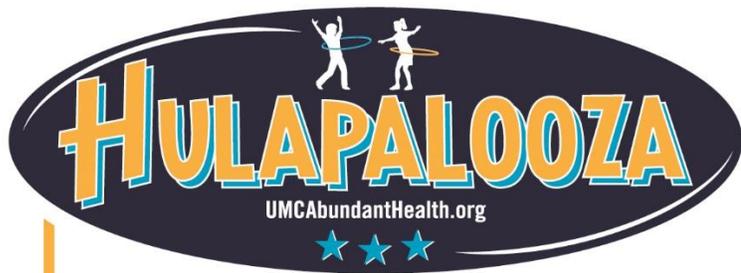
- Pre-event planning
- Setup and tear down
- Registration
- Church host and information center
- Communication (social media, marketing, media outreach)
- Circle of Care Health Fair
- Mission activity or donation center
- Well-Rounded Healthy Potluck/meal/snack setup
- Hula-hoop making
- Hoop art center
- Hoop games
- Group hoop competitions
- Emcee and a/v needs
- First aid station
- Photographer/videographer

How do we incorporate a missional component? Hulapalooza can serve as an opportunity to raise funds or awareness about a health issue that is important in your community. If your city has a need to better feed hungry individuals, ask that people bring food and monetary donations to support a food pantry. If your church is passionate about supporting those with mental health challenges, distribute information about how you can be a resource for people seeking help.

You can also choose to raise funds to support Abundant Health ([The Advance #3021770](#)) to support the mental, physical and spiritual well-being of individuals around the world.

How does a Hulapalooza work? There is no one way to host a Hulapalooza, and it is up to you to decide when you have it and how elaborate or how simple you want it to be.

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You may want to connect with community partners to sponsor a large scale, multi-church “hoop-a-thon” at a public space such as a farmers market (keep in mind special permits might be required); or, you might choose to host a small event in your fellowship hall on a weekend afternoon.

There might even be an opportunity to host your event in conjunction with VBS, an Easter egg hunt, a back to school bash, a community worship service, or another church event.

The [Hulapalooza leader’s kit](#) includes free, downloadable resources to help you plan your event, such as: a how-to-hoop video, a body prayer video, a Bible study, how-to guides (hoop making, games, and hoop art), registration information (photo and medical release forms), PowerPoint slides, poster, T-shirt artwork, social media posts, a sample press release, and other tools.

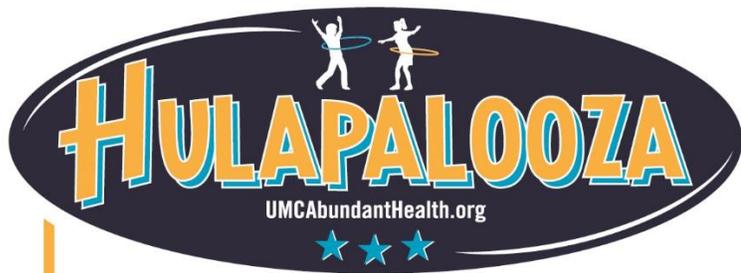
What exactly does the event look like? Here is a sample agenda that can be tailored to your event, which will likely last 3-4 hours:

- Registration and hula-hoop making
- Opening worship and body prayer using the hula-hoop
- Message about missional component
- Overview of Circle of Care Health Fair, Well-Rounded Healthy Potluck and other activities of the day
- Presentation by local hula-hoop fitness instructor/performer
- Group hula-hoop games and activities
 - Video teaching everyone how to hoop
 - Music and hoop practice
 - Two or more group hoop games (see how-to guide)
 - Competitions – get creative...see who can hoop the longest, who can hoop on their foot while sitting down and standing, etc.
- Yoga or relaxation exercise led by a local instructor
- Kid’s game time/adult Bible study session
- Hoop art/Circle of Care Health Fair/meal
- All-attende walk outside to pray, greet neighbors and encourage abundant health
- Closing celebration

Where do we get hula-hoops? Hoops are available at most local dollar stores, but they can be hard for some people to use because of their small size and light weight. If you want hoops that are easier to use, hoopers can make one for themselves using materials found at the local hardware store (see hoop-making guide). These will cost about \$12/hoop.

To help build excitement before your Hulapalooza, a hoop-building activity might be best completed as a pre-event workshop or during registration the day-of. You could even ask a group within the church (such as the youth group) to lead the activity as a fundraiser for mission projects or upcoming trips.

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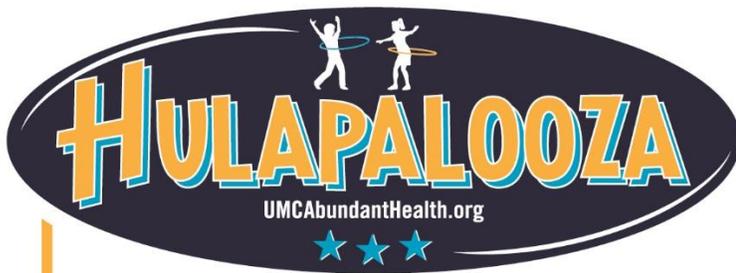
How will people know about our Hulapalooza? Reaching out to people via outlets where they already get information is key in spreading the word about your event.

- Social media:
Tip: Empower younger congregants who are already frequently on social media to help you with this important marketing aspect! Request that these volunteers take photos, capture video and post updates during the event as well.
 - Post weekly on social media channels
 - Set up a Facebook event page, boost posts targeted to your zip code, and host a Facebook Live to overview the upcoming event
 - Ask congregants to post invitations in their members-only, online HOA, neighborhood and special interest groups
- Media outreach:
 - Send a press release to area newspapers, television and radio stations ([see sample press release](#))
 - A week prior to the event, email or call local reporters who would be interested in covering the story to be sure they have the details
 - Ask the local Christian radio station if they will do a live remote during Hulapalooza
- Community awareness:
 - Post your event on every community calendar that you can find
 - Reach out to local, respected bloggers with a strong readership to request they write a post about your event
 - Hang posters in area community centers, libraries, businesses, gyms, coffee shops, etc., and ask if they will help you get the word out via their e-newsletters and social media channels
 - Post banners outside the church so that people will see them as they drive by
- Advertising:
 - If your church or district has marketing funds, purchasing print, billboard, digital or radio ads will reach many people in your area
- District/Conference/Jurisdiction communications:
 - Be sure to keep denominational communication staff updated about your event and ask them to share the information on social media channels, in e-newsletters and during meetings as appropriate
 - Get the bishop involved to greatly boost awareness

How can we gather registration information? The best way to gather RSVPs prior to the event is via a Facebook event page or a simple-to-make web form, such as [Jotform](#).

When people arrive at the event, consider asking everyone to sign a “covenant of health” to pledge their dedication to holistic well-being for all. This could be a canvas on which everyone adds their signature or thumbprint, a drop cloth on which everyone adds their handprint, or certificates that are given to each attendee. Get creative! This is an opportunity to create a visual reminder of Hulapalooza that can help people continue on their journey of abundant health.

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How much will the event cost? The cost is truly dependent on the scope and components of your event. Event costs can be offset by requesting in-kind donations or sponsorships from community partners who are also dedicated to healthy living (gyms, personal trainers, nutritionists, health clinics, etc.).

Is there anything else we will need to do?

- Be sure to recruit a volunteer to take photos and/or video throughout the event. The images should be shared online, in worship, and in e-newsletters to tell the story of what happened at Hulapalooza and how it made a difference in the lives of the attendees.
- After the event, visit UMCAbundantHealth.org to tell your Hulapalooza story so that others can learn about the event and why they should host a Hulapalooza in their community.
- The planning team should evaluate the event to analyze the great aspects of the day as well as the aspects that needed improvement. This will ensure that your next healthy living activity is even more successful.

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