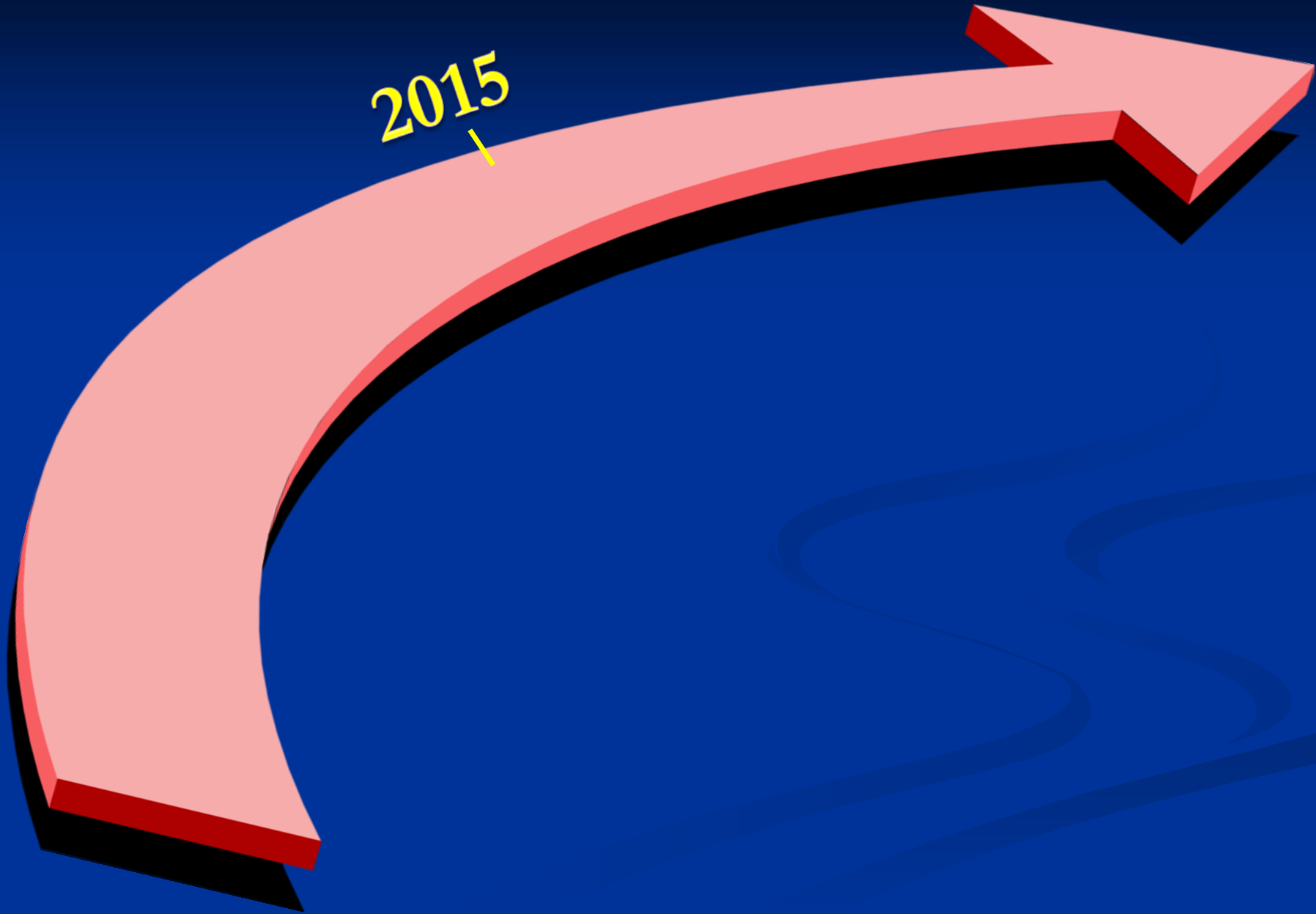


2015



2015

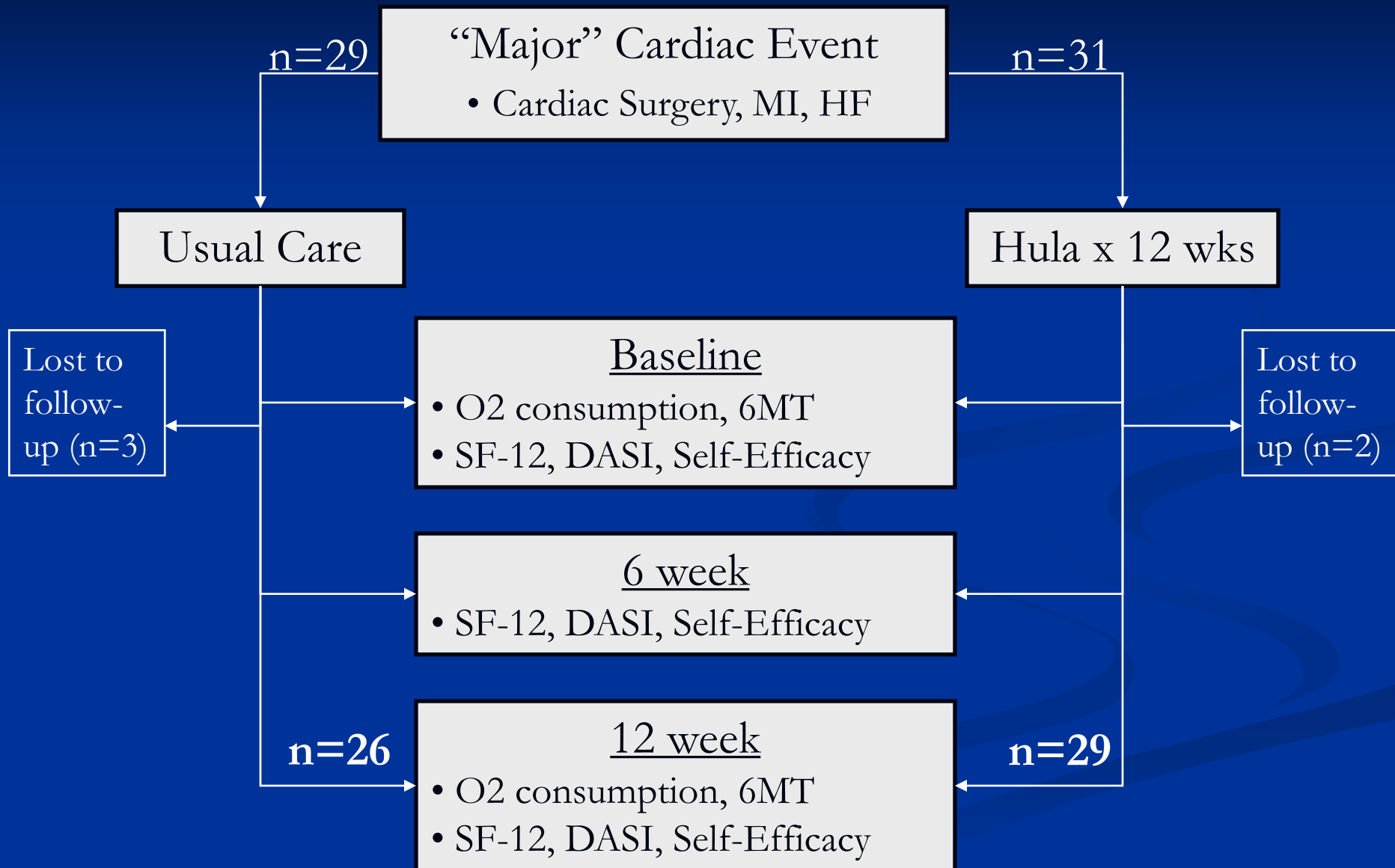
Hula Empowering Lifestyle Adaptations

Measure O₂ consumption/METs with hula

Measure pulse and BP response to hula

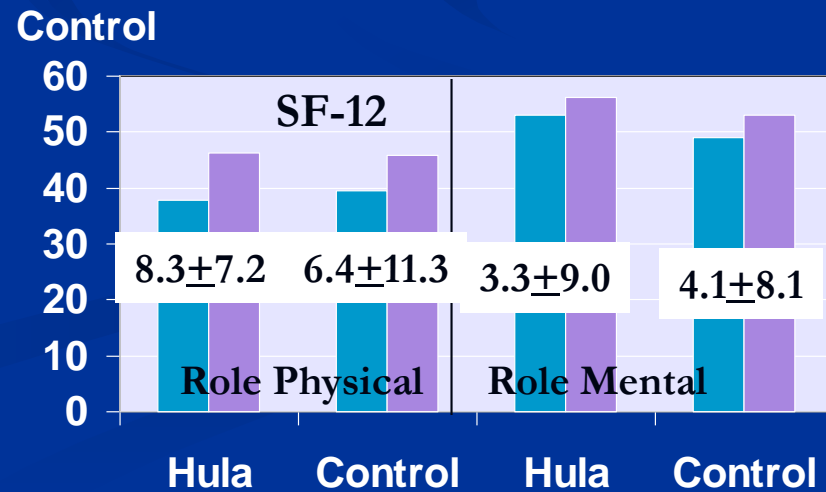
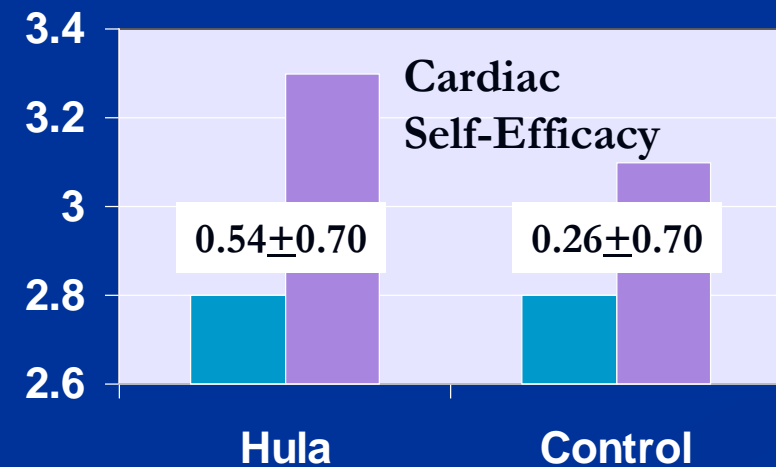
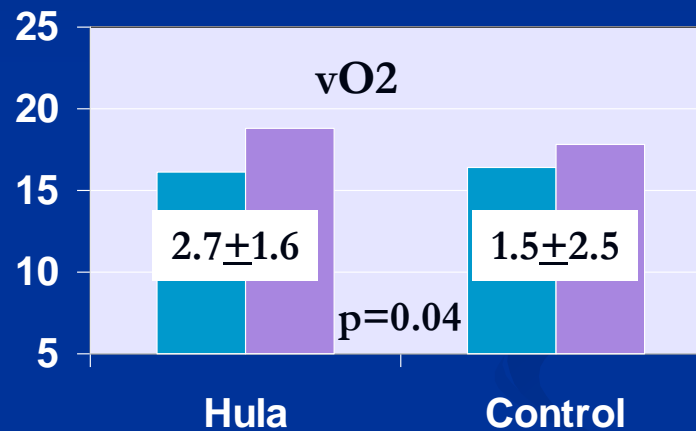
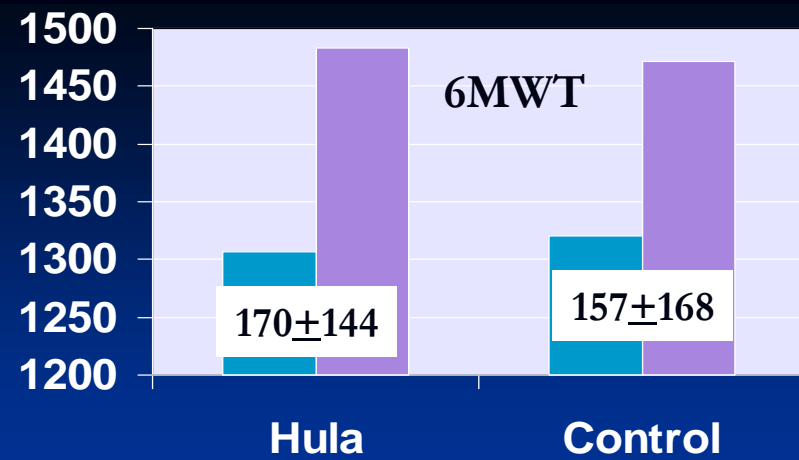
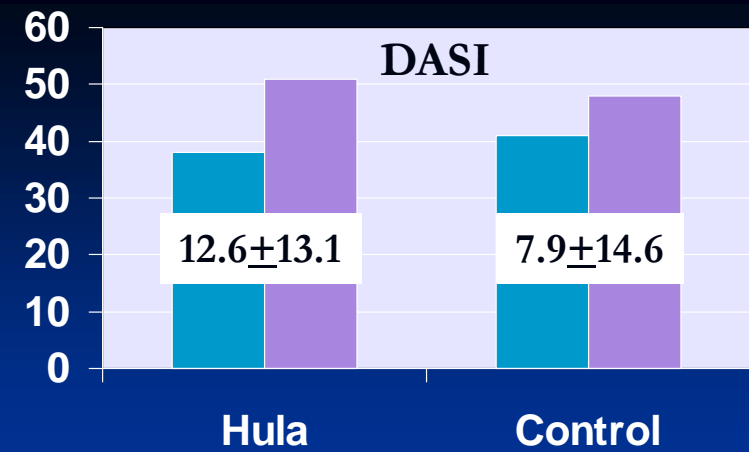
Kumu hula interviews

Hula Empowering Lifestyle Adaptations



Demographics

	Hula (n=29)	Control (n=26)
Age, y	63.6 \pm 10.5	59.1 \pm 13.3
Female	62%	54%
Native Hawaiian or Pacific Islander	31%	27%
BMI	28.0 \pm 5.2	29.1 \pm 8.2



2015

The Kaholo Project

Ola Hou i ka Hula

Hula Empowering Lifestyle Adaptations

Measure O₂ consumption/METs with hula

Measure pulse and BP response to hula

Kumu hula interviews