

# Zumbastic!

**Fitness and lifestyle professional Nawaz Modi Singhania** on how you can party your way to fitness!

**What is Zumba?**

It's all about partying yourself into great shape! It's an exhilarating, effective, easy-to-follow, Latin-inspired, fun, calorie-burning fitness class! It's known for its zesty Latin music and moves like salsa, merengue, cumbia and reggaeton. There are various types of Zumba like Zumba Party, Zumba-in-the-circuit, Aqua Zumba and Zumbatonic.

**What are the benefits of Zumba?**

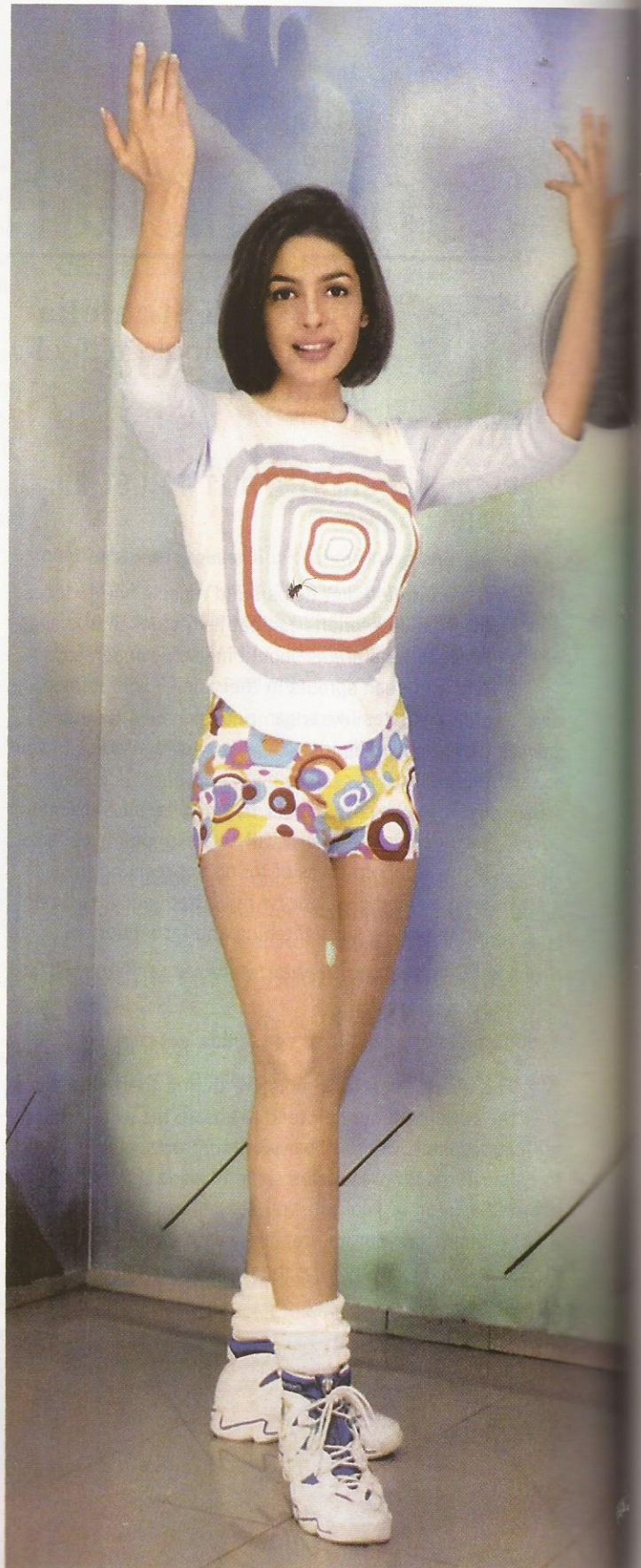
Zumba is high on fat and inch loss. Along with learning a new dance form, the other benefits include a full-body workout, increased stamina, improved balance, posture and coordination, an intense core/abdominal involvement and a whole new, fun approach to working out!

**Who can do Zumba?**

Beginners and advanced exercisers, young and old, the sedentary and the very active. You don't have to be a dancer to be successful at Zumba since the fancy footwork is kept to a minimum. However, it is best avoided if you have a weak knee, back or neck problem.

**Can you elaborate on the various types of Zumba?**

- Zumba Party is a combination of Latin and international music and moves.
- Zumba-in-the-circuit takes up on the Latin-inspired dance fitness moves and combines them with strength-training and cardio exercises, putting a new spin on circuit training where various body parts are strength-trained in multiple circuit stations. These circuits are placed around the room in a circle while participants go from one to the next after a minute or so. Each station is dedicated to a certain type of



Nawaz doing the Zumba

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equipment, which will get one to perform a particular exercise that will work a specific muscle group or groups. This way, one ensures a full-body workout.

- Aqua Zumba takes zumba to the poolside by integrating Latin-American moves into an aqua aerobics type of workout. You'll get a great cardiovascular workout while toning up your muscles. So even when it might be raining or cold outside, things are still hot and happening in the pool!
- Zumbatonic is designed for kids and modified to suit the specific needs of children. It's a fun way for them to not only be physically fit, but to learn functional fitness, and to build on social and confidence-building skills in a safe, positive environment. Children are encouraged to be creative and work in teams. Zumba's programme rhythms (salsa, reggaeton, merengue etc) are combined with games to keep them interested. There is an emphasis on what is appropriate for kids of various ages, keeping in mind their developing motor skills and limited attention span. The kids develop balance, control, coordination, self-esteem, discipline, memory and creativity. The programme also teaches teamwork, responsibility, social skills, leadership, respect and confidence.

#### **Movin' & Grovin'**

Some basic salsa and reggaeton steps include four point moves. These can be done in place, sideways, forward or backward, or in a combination of any of the above. There is a lot of shoulder and hip involvement and often at a beginner's level, we keep our arms bent and in front of the body at about waist level to work with our imaginary partner. Whirls and twirls and travelling moves spice up the routine at a more advanced level. There is a lot of spinal involvement where there is much arching and curling of the back. Twists and turns involving the knee are also apparent.

#### **Some basic moves:**

Move 1: March for three counts with a tap down on the count of four. Repeat using the other leg. This is to be done using the shoulders and the hips extensively. You can do each move for two-four minutes.

## Zumba is an exhilarating, effective, easy- to-follow, Latin-inspired, fun, calorie- burning fitness class!

Move 2: Using the above described move as a base, instead of doing this four-point move in one place, start moving. This may even be done forward, or then backward, as demonstrated in the picture. A large variety of arm work (for instance, moving your arms up and then down by the side) can make your moves more exhilarating!

Move 3: All of the above moves can even be done while moving side to side, forward and back, around in circles, in squares, diagonals, with twists, spin-arounds or u-turns, and in a variety of exciting combinations (circular or rotating fashion, clockwise or counter-clockwise)!

Move 4: The Aqua Zumba routine can include leaps, jumps or hops for greater intensity with aqua-bells coupled with Latin-American moves.

Now, it's time to relax, get into the groove, wear a smile on your face, have fun learning some fancy-stepping and party away to great shape!

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