

DITCH THE WORKOUT – JOIN THE PARTY!



Immensely popular locally and internationally, Zumba is the new fitness superstar. I'm fairly certain every one of you reading knows someone, or someone-who-knows-someone, who does Zumba. But how much do you know about Zumba besides it being a workout, a dance and something your friends label as 'fun'?

In this issue of K-Bytes, we take you through the basics of Zumba and hopefully it will spur your interest in this beneficial activity.

Did you know that Zumba was actually created by accident? In 1986, aerobics instructor Alberto "Beto" Perez realised that he had forgotten to bring his usual music tapes to class hence decided to improvise with the music he had on hand - a mix of salsa and meringue music he personally liked to dance to¹.

The first Zumba class was born just like that!



To break it down most simply, Zumba is a fitness program that combines Latin and international music with dance moves. It also incorporates resistance and interval training (alternating fast and slow rhythms)².

As a fitness programme, Zumba is highly effective and its benefits can include calorie burn, increased aerobic threshold, more stamina, increased bone density, improved balance and muscle tone, less body fat, and lower blood pressure³.

In recent years, Zumba has also been further segmented into sub-specialties to cater to the diverse needs of its followers. These specialties include: Zumba Gold for seniors, Zumbatomic for children, Zumba Toning which uses weights, Aqua Zumba which is done in the pool and Zumba Sentao which is Zumba using a chair⁴.

So where is the fun in all this? Well, firstly the choice of music is infectious and urges you to move. Secondly, as it is so much like dancing you easily lose track of time; by the time you know it you've already completed one session. Lastly, Zumba is such a social activity that you get to make new friends who share the same interest as you while working out!

Join in the cause!

Whether you are already a Zumba fanatic or want to try it out after reading this article, we would like to invite you to join us in KDF's first ever charity Zumba event! All proceeds from this event will go towards the KDF-NUS Research Fund, where we are currently seeking a cure and alternative treatment for diabetes – one of the most common causes of kidney failure in Singapore.

Details of the Event



KDF CHARITY ZUMBA® 2015

7 MAR 2015 SATURDAY 1.30 – 5.00pm

SCAPE Auditorium
2 Orchard Link, Level 2
Singapore 237978

\$30
(90mins session)

[PURCHASE TICKETS HERE](#)

References:

¹ <http://www.webmd.com/fitness-exercise/features/zumba-fun-is-secret-ingredient-of-latin-dance-workout>

² <http://www.mayoclinic.org/healthy-living/fitness/expert-answers/zumba/faq-20057883>

³ <http://www.webmd.com/fitness-exercise/features/zumba-fun-is-secret-ingredient-of-latin-dance-workout?page=3>

⁴ <http://timesofindia.indiatimes.com/life-style/health-fitness/fitness/9-things-you-didnt-know-about-Zumba/movie-review/19339787.cms>