

Celebrity Weight Loss 101: What's a FUN way to lose weight?

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There's a new way among celebrities to shape up while having fun: Zumba off the pounds!

Among the celebrities who rely on Zumba as a way to manage their weight and stay in shape: Eva LaRue ("C.S.I. Miami"), Vivica A. Fox ("Independence Day", "Curb Your Enthusiasm"), Stacy Kiebler ("Dancing with the Stars"), Former Miss Universe Dayanara Torres, and Jackie Chan ("Rush Hour" movies, "The Tuxedo" and "Shanghai Noon").

Zumba was created by Beto Perez, who has more than 15 years of fitness instruction and dance choreography experience. Beto has been a trainer to the stars throughout his career and choreographed dance routines for international music artists such as Shakira.

Beto developed the Zumba program from an array of traditional Latin salsa and Merengue. He refers to it as "the Zumba fitness party."

In 2007, Zumba Fitness launched internationally and is currently offered through trained instructors in more than 75 countries.

"The Zumba workout provides long-term fitness benefits through exhilarating, high calorie-burning fitness classes, and its simple Latin and urban dance moves increase the fun factor," explains Beto. "The routines feature interval training sessions with fast and slow rhythms and resistance training, which combine to successfully tone and sculpt the body while burning fat."

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Zumba fitness is a celebrity weight loss favorite!

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