



## Zumba Fitness: What this sexy workout could do for your health

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While regular fitness activity has many health benefits, the [Centers for Disease Control and Prevention](#) (CDC) reports that only an estimated 31.9% of adults aged 18 years and over in the United States “engaged in regular leisure-time physical activity” in 2008.

According to the [Mayo Clinic](#), exercise can improve your mood, prevent chronic disease, aid in weight management, strengthen your cardiovascular system, promote better sleep, and can even enhance your sex life. Most importantly and often forgotten, exercise can be enjoyable. Zumba®, a fitness program that continues to gain global popularity, works to promote this particular aspect of exercise and wellness.



Zumba® in action. Photo courtesy of Angela Garcia.

**Zumba®, a cardio dance workout to Latin and other rhythms, was founded by Beto Perez in Colombia.** When he brought this fitness program to the United States in 1999, it became an immediate success. In fact, according to the Zumba Fitness® website, this exercise program is being taught at over 40,000 locations in 75 countries.

**Many Zumba® enthusiasts, both women and men, swear by this workout because it is fun and easy to commit to for the long haul.** While individuals often become bored with the same exercise program, Zumba® combats this issue by offering dynamic routines that incorporate salsa, cumbia, merengue, belly dancing, reggaeton, and hip hop - among others - that keeps the workouts fresh and exciting.

According to Angela Garcia, local Zumba® instructor and director of the “Zumba with Angela” program held at the Rockingham Ballroom in Newmarket, one of the key reasons Zumba® is unique to other fitness programs is the music.

“The music is not generic and it moves people. The combination of music and passion that this program instills is magic. There is a level of energy that you don’t often see in other group fitness classes,” explains Angela.

Certainly this workout motivates its participants, but it is also highly effective. The routines are done in an interval format, where fast and slow tracks alternate to give you a vigorous, full body workout that will show tangible results.

“The latest studies show that interval training is the best for two reasons. First, it burns the most calories. Second, it helps you to increase and improve your fitness level,” says Angela. **Astonishingly, Angela reports clients generally burn between 400-800 calories an hour and are having a blast doing it!**

These workouts can also be easily modified for different ages and fitness levels.

For those that feel they can’t dance or have no rhythm, don’t be deterred. According to Angela, who is an AFAA certified group fitness instructor and former professional dancer, the routines are choreographed to be repetitive and predictable in nature. This allows clients to learn the choreography and improve their coordination without becoming discouraged. New routines are consistently added though, so don’t think you’ll get bored anytime soon. Even more encouraging, you can’t do Zumba® wrong because each individual can customize the movement to show their own personality.

**Amazingly, participants actually look forward to Zumba® and don’t see it as a chore.** An impressive feat, as Angela explains compliance is a huge challenge within the fitness industry.

Angela states, “Clients will approach me and say our program is the highlight of their day. We really feel we are providing a service to the community and it is changing lives and empowering individuals. It’s hard to imagine that it has come this far. You expect an exercise program to change bodies and health, but we are actually touching people’s lives in some way and that is so rewarding.”

Angela continues, “One of our main goals is to promote lifelong exercise and wellness. Fitness needs to become a non negotiable part of life.”

The bottom line is whether you believe Zumba® is the right program for you or not, it's important to find fitness regimes that are effective and that you can stick with to promote a happier and healthier life.

**For more info:** The [Zumba® Fitness](#) website provides a wealth of information as well as a search engine to help you find classes near your area. For information specific to Angela Garcia's program, visit "[Zumba with Angela.](#)"

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### **Author**



Tricia-Marie Parish is an Examiner from Manchester. You can see Tricia-Marie's articles at: "<http://www.Examiner.com/x-18955-Manchester-Wellness-Examiner>"