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A Trendy and Popular Workout for Weight Loss and Fitness: Zumba

Ranjana Prasad

Assistant Professor-Physical Education,
Christian Training College, Lucknow

Abstract:

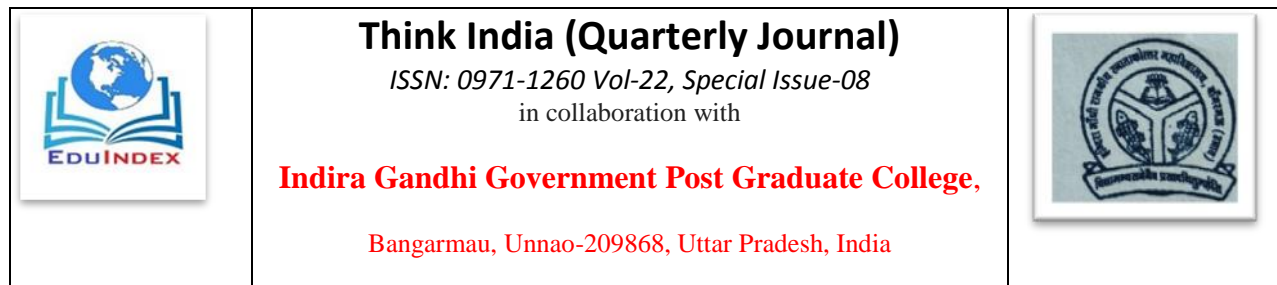
Zumba is a combination of salsa and aerobics. As long as you move to the beat of the music you are participating in the exercise there's no right or wrong way to do Zumba. Since Zumba involves the movement of the entire body – from head to toe, from your arms to your shoulder, to hips to your feet. You will perform full body workout that doesn't feel like workout. With Zumba a workout isn't even a workout: it's like a fun, social dance party – with exercise being the biggest perk! Workout doesn't have to be a chore. In Zumba the music is fast, upbeat and contagious, so you can't stop but keep moving. And since it takes place in groups Zumba is one of the best ways to get your friends in on your exercise routine. In the recent years Zumba is one of the most popular exercise crazes and with a good reason. There are many health benefits of Zumba including its ability to burn calories, workout the entire body, boost the metabolism, increase endurance, boost mood, increase coordination and improves confidence.

Keywords: Zumba, Weight loss Dance, Exercise, Fitness.

Zumba is an exercise fitness program created by Colombian dancer and choreographer Alberto Beto Perez during the 1990's. Zumba is a trademark owned by Zumba Fitness, LLC. The Brazilian pop singer Claudia Leitte has become the international ambassador to Zumba Fitness. A fitness instructor forget to bring his usual workout music to class, so he grabbed some Latin Albums from his car, ditched the constraints of a traditional workout and dance just like he would at a club. His class followed along sweating of the salsa and rumba beats and everybody was enjoying and loving it.

Zumba is a workout featuring movements inspired by various style of Latin and American dance performed to music. Zumba become a popular and trendy workout across the globe. Since Zumba is a group activity you'll essentially be welcomed into a social situation anytime you step into a class. According to the American College of Sports Medicine, benefits of group workout includes exposure to a social and fun environment an accountability factor and safe and effectively designed workout that you can follow along with. All of this instead of a workout plan you can design and follow with on your own moves.

Since then Zumba has pitched itself as more of a party than a workout. Indeed some research suggests it may be the best workout for those people who hate doing exercise. Zumba, which combines the element of dance and aerobics, includes many different styles of South American dancing and rudimentary



exercise. The exercise classes are typically one hour in length and are led by a trained Zumba professional combining fast and slow dance moves with elements of resistance training it is a full body workout that encourages social interaction, communal support of common goals and enjoyment in the act of exercising.

Zumba is a powerful exercise with an approx 600 to 1000 calories burn in just an hour. Many people say they have so much fun dancing that they forget they are actually exercising. Zumba targets lots of different muscles groups at once for total body toning. You may not only get aerobics benefits - it really gets your heart rate up, you also get anaerobic benefits – that helps to maintain a good cardiovascular respiratory system. Zumba is a great way to relive your stress through dance. Studies shows that daily exercise is very effective at reducing fatigue, improving alertness, concentration, and enhancing overall cognitive functions. In Zumba your arms and legs are generally moving in different direction so it requires a good deal of coordination. Repeated practice improves coordination and helps you feel more confidence and comfortable with your body movements. Every time you exercise you release endorphins which trigger positive feeling throughout the body.

From young to old healthy to out of shape it promotes better posture, flexibility, metabolism, strength, and endurance. While there are countless fitness programs and strategies to stay in shape this dance fitness style have some unique qualities that help it stand out from other competitors.

There are many types of classes for different levels of age and exertion:

- Zumba Gold is a program designed for beginners and older people.
- Zumba Gold- Toning is a toning class for older participants with goals of improving muscle strength, posture, mobility, and coordination.
- Zumba Steps is a lower – body workout that incorporates Zumba routines and step aerobics with Latin dance rhythms.
- Zumba Toning is for people who do their workouts with toning sticks. It targets the abs, thighs, arms, and other muscles throughout the body. This type of Zumba class provides participants with a cardio workout and strength training.
- Aqua Zumba classes are held in a swimming pool. The instructor leads the class poolside while participants follow in shallow water. Moves have been specially adapted to combine the same dance movements used in a Zumba Fitness class with those used in aqua fitness classes.
- Zumba in the Circuit combination dance with circuit training. These classes usually last 30 minutes and feature strength exercise on various station in timed intervals.
- Zumba Kids and Zumba Kids Jr. classes are designed for children between the ages of 7 and 11.

Benefits of Amazing Zumba Fitness Program:

1. **Weight Loss:** Zumba is extremely fun workout incorporate a lot of routines that will improve your cardiovascular system which is extremely helpful in your fight to lose unwanted weight.



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2. **Body Toning:** Another fabulous benefit of this type of workout is the fact that by practicing it you'll be able to tone your entire body in no time. During Zumba class you are supposed to move your body to the rhythm of the music your muscles will be engaged to make some specific moves like squats and twists, thus allowing you to tone your entire body without even realizing it.
3. **You'll Make New Friends:** By attending a Zumba class you'll able to meet and interact with interesting and fun people.
4. **The Perfect Stress Reliever:** Zumba is the perfect workout to take if you want to get rid of all that stress you accumulate during your every day. The upbeat moves specific to this type of workout favor the release of those mood improving endorphins and by joining a Zumba class you'll surely be able to feel your worries melt away as you lose yourself in the music.
5. **Improves Coordination:** By joining a Zumba class you'll definitely improves your coordination and it is extremely important to have good coordination as you grow older.
6. **It woks For Every Age:** Zumba is definitely the perfect type of workout for all ages because it combines a lot of fun element, like music and those energetic movements with exercising.

Conclusion:

Zumba has lot of high impacts that can wreak havoc as your hormones loosen up your joints. Talk to your instructor about switching out some of those jumps and bounces- or any routines that might throw you off balance. And remember to stay cool and hydrated during your workout. Steer clear of high impact moves if you have knee or back pain or arthritis. Other way to get a good workout is gentler on the joints. Besides losing weight Zumba can help lower your risk of heart disease, reduce your blood pressure and bad cholesterol and boost good cholesterol.

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