

## Fitness Trend: Zumba



**What they say:** Zumba is an “exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party.” In many of its programs, Latin style dancing replaces traditional aerobics routines to create a fun workout. They have different programs for different age groups, a routine specializing in toning, and even a water class. You can even zumba through a video game available on Wii, Xbox, and PS3.

**What others say:** Zumba, like most aerobic classes, is effective in helping one improve cardiovascular endurance, get your heart rate up, and help improve some muscular endurance. However, it does not offer much in terms of increasing lean body mass or strength. Zumba may help you lose weight by putting you in a caloric deficit, but will not offer much in helping you increase muscle. This is because muscle needs resistance near its maximal load to get stronger.

**Bottom line:** Zumba can be a nice change of pace to a traditional cardio workout, and is probably best at helping people get active. However, cardio workouts should be used in conjunction with resistance training for most fitness goals. Some cardiovascular workouts can be one dimensional, so remember to vary your routine and combine both cardiovascular and resistance training. For many people, a workout consists of either a leisurely elliptical or treadmill workout. Why not increase the effectiveness of a workout by trying some of the great cardiovascular classes offered on campus? These classes include: Zumba and Cardio Kickboxing.