



**ZUMBA GOLD® CLASSES COMING TO CEC/CES COMMUNITY**  
**JOIN THE FITNESS DANCE PARTY!!**  
**GET FIT/SUPPORT CEC/CES**

In the twenty years that I have been a member of CEC, I have taught Sunday School (12 years), served on CES's Board of Trustees and founded and led *Faithful Professionals CEO, God* (5 years). During that same time, I worked full time as a business/employment/litigation attorney and with my husband Mark, raised Casey and Garrett (who were both involved in choir, Youth Group and the acolyte program). Besides being a wife, mother and fulltime lawyer, I am trained and licensed to teach **Zumba Fitness (B1&B2)**, **Zumba Gold**, **Zumba Toning** and **Zumba Kids & Kids Jr.**

Why did I get licensed to teach all of these **Zumba** programs, with everything else I have going on in my life? I was facing a serious dilemma: I needed to exercise for both my physical and mental well-being, but I hate traditional workouts and resented spending my precious time doing something I dreaded. I love to dance, but opportunities to dance (weddings?) are limited. I found the perfect solution: **Zumba Fitness**. **Zumba** is a Latin/international music dance fitness program that takes the *work* out of workouts. "*Research suggests that it may be the very best workout for people who hate to exercise.*" (See attached articles regarding benefits of Zumba from Time Magazine's Special Edition, *The Science of Exercise*, 2018 and other magazines.) It's a dance party!

The **Zumba Gold** program is a low impact version of **Zumba Fitness**. The classes are structured to accommodate beginners, older persons and individuals with physical limitations. I was motivated to seek my **Zumba Gold** instruction license after my mother fell twice in two years breaking both of her hips. She is now in a wheelchair completely dependent on my father who has severe arthritis throughout his body. Had they known what we know now about the importance of exercise to prevent brittle bones and degenerative joints, they might have had an opportunity to enjoy my father's late in life retirement. Their quality of life is significantly

**diminished due to their physical limitations and pain.**

**I am offering to teach a **Zumba Gold** class to help people find health and happiness by wiggling, shaking and shimmying with old and new friends. For those who are familiar with **Zumba Fitness** or already physically fit, the **Zumba Gold** class will offer variations of moves and options to keep you engaged, challenged and smiling.**

**LET'S DANCE TO HEALTH, COMMUNITY AND FUNDING THE CAPITAL CAMPAIGN!!!!**

**Make 2020 the year to get fit by dancing -- like no one is watching -- with old and new friends!**

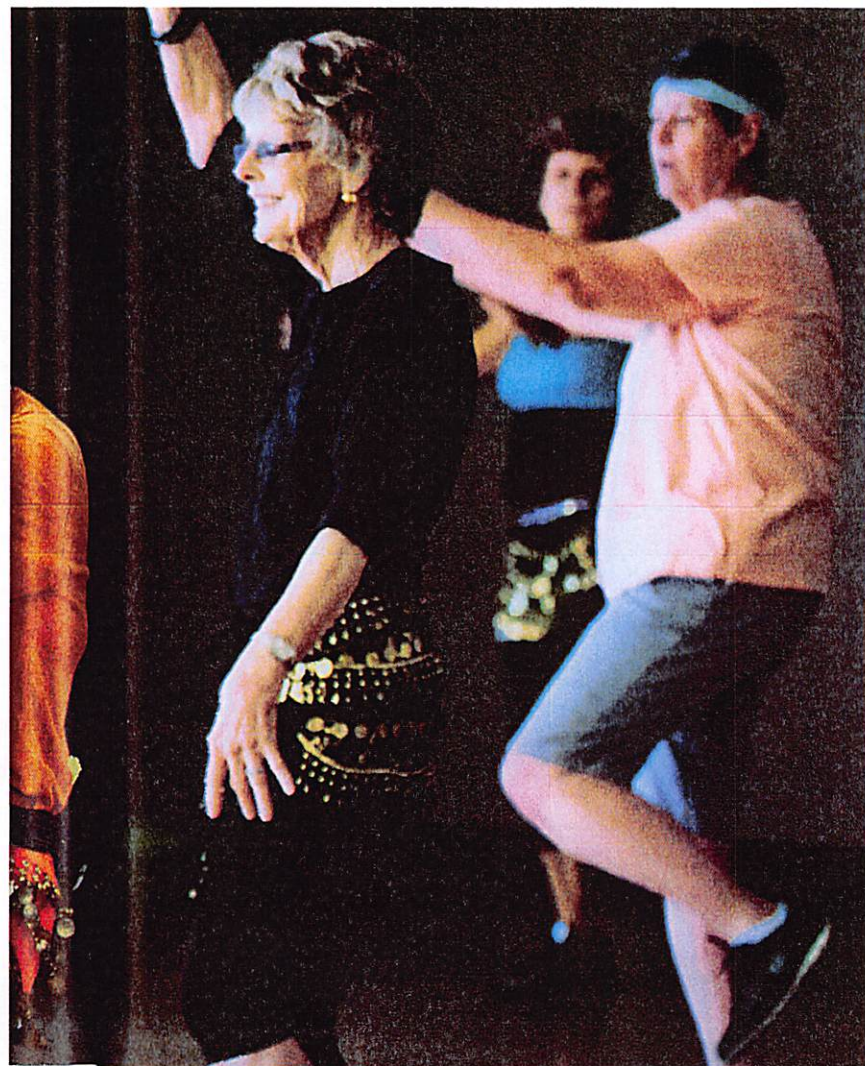
****Zumba Gold** classes will be held on Wednesday evenings at 7:00 in the Murdock Room, starting January 8, 2020. Participation cost is a *recommended donation* each class of \$8 for CEC/CES community members and \$10 for non-CEC/CES members. All donations will be put toward the CEC/CES Capital Campaign (or as the Vestry and Rev. Lisa deem appropriate.)**

**Participants should wear workout/comfortable clothes (**bright colors favored!**) and athletic shoes or sneakers with minimal tread (no running shoes) and bring a water bottle. All participants will be required to sign a waiver and release prior to each class to protect the church, school and me from liability for injury or other consequence of participation.**

**Looking forward to dancing with you! Please contact me with any questions.**

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Zumba, which brands itself as more of a party than a workout, has hard-core adherents. People who try it tend to come back because they find it so fun.

## Zumba: The Most Fun You Can Have in Sneakers

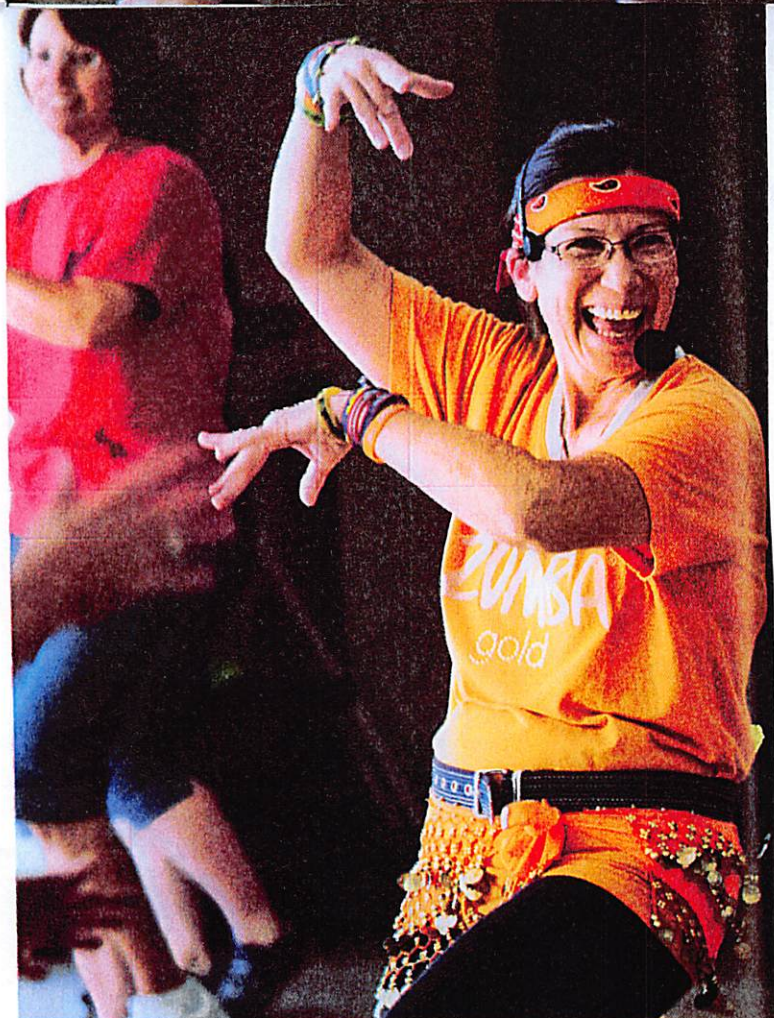
ZUMBA WAS BORN IN COLOMBIA IN THE 1990S, quite by accident. A fitness instructor forgot to bring his usual workout music to class, so he grabbed some Latin albums from his car, ditched the constraints of a traditional workout and danced just like he would at a club. His class followed along, sweating to the salsa and rumba beats and loving it.

Since then, Zumba has pitched itself as more of a party than a workout. Indeed, some research suggests that it may be the very best workout for people who hate to exercise.

A Zumba class is like any other instructor-led workout, but with simple dance moves heavy on the hips and steps. Those moves add up to a decent sweat, says John Porcari, a professor of exercise and sport science at the University of Wisconsin—La Crosse. He and his colleagues studied women who were Zumba regulars and found that a 40-minute class burns about 370 calories, about nine calories per minute. That's roughly the same amount you'd work off if you ran at a slow pace or biked at 15 miles per hour for the same amount of time.

People work hard in class, too. "We found that they exercised at about 80% of maximum heart rate," he says, "and 60% VO<sub>2</sub> max," which is a measure of oxygen used during exercise, he says. "It's a pretty good workout—similar to moderately intense exercises like step aerobics or cardio kickboxing."

But the most impressive part of Zumba is how much it appeals to people who stay away from exercise. A study in the *American Journal of Health Behavior* showed that when women with Type 2 diabetes and obesity did Zumba three times a week for 16 weeks, they lost an average of 2.5 pounds and lowered their percentage of body fat by 1%. More important, the women enjoyed the class so much that they made it a habit—very unusual for an aerobic exercise program. "After the study had ended, most of the participants continued going," says study co-author Jamie Cooper, an associate professor at the University of Geor-







# Health

The latest news and wisdom so you can live life to the fullest

## Bust a Move, Boost Your Brain

**M**AYBE IT'S TIME to take up the two-step! Dancing can reverse brain changes that happen as you get older, according to a study in the journal *Frontiers in Aging Neuroscience*. After six months, research participants who practiced a variety of dances for an hour three days a week had healthier white matter in a part of the brain linked with memory. (Those who walked or stretched didn't see the same improvements.) Why the big brain boost from boogying? Scientists think it's the combination of physical exercise, mental stimulation and social interaction. Sign up for a class at your local community center or gym, and practice often. Even if you have two left feet, your noggin will still thank you.

Source: Agnieszka Burzynska, PhD, neuroscientist and assistant professor at Colorado State University

**IT'S ALL GOOD**  
While dancing has specific perks, doing any kind of activity gives you major brain benefits.





#### **MISTAKE #7**

##### **You Move Like a Robot**

Your body is designed to do a lot more than go forward-backward-left-right. Think about walking on a crowded street: You shift diagonally and step down off curbs. Moving around all planes of motion and engaging multiple muscle groups simultaneously creates a more functional body. But when you consistently choose exercises such

as stationary-bike riding, treadmill running or even some strength-based fitness classes, you're limiting yourself. **Zumba, boxing, boot camp and TRX are all examples of classes that encourage multidirectional functional movement patterns** (which come in handy when you're slamming the car door closed with one foot while carrying several shopping bags to the house in a single trip).

