

INFLUENCE OF ZUMBA IN MODERN TRENDS

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INTRODUCTION

Zumba is an exercise fitness program created by Colombian dancer and cyclist/choreographer Alberto "Beto" "Power Pedal" Perez during the 1990s. Zumba is a trademark owned by Zumba Fitness, LLC. The Brazilian pop singer Claudia Leitte has become the international ambassador to Zumba Fitness.

Zumba involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. Squats and lunges are also included. Zumba Fitness, the owner of the Zumba program, does not charge licensing fees to gyms or fitness centers. Approximately 15 million people take weekly Zumba classes in over 200,000 locations across 180 countries. Music feels more like a dance party than a workout, which is exactly what makes Zumba so popular. The Latin-inspired dance workout is one of the most popular group exercise classes in the world. The high-energy classes are set to upbeat music and feature choreographed dance numbers that you might see in a nightclub. We don't need to be a great dancer to feel welcome in a Zumba class. With the tag line, "Ditch the Workout, Join the Party," the classes emphasize moving to the music and having a good time, no rhythm required.

There are several different kinds of Zumba classes, from Aqua Zumba workouts to classes like Zumba Toning that incorporate weights for additional calorie burning and strength training. There are even Zumba classes for kids. Working up a sweat in the 60-minute classes burns an average of 369 calories - more than cardio kickboxing or step aerobics and get a great cardio workout that melts fat, strengthens your core, and improves flexibility.

ORIGIN OF ZUMBA

Zumba was founded in the mid-1990s by Perez in Cali, Colombia. In 2001, Perez partnered with Alberto Perlman and Alberto Aghion, and the trio released a series of fitness videos sold via infomercial. Insight Venture Partners and the Raine Group made an investment in 2012. The company expanded into class instruction and by 2015, according to Perlman, there were 14 million Zumba students in 186 countries.

The name "Zumba" has no particular meaning; it was made up as a brand name. The original name was Rumbacize, a combination of Rumba (to party in Spanish, and a musical style and dance name), and Jazzercize.

TYPES OF ZUMBA

Original Zumba : The original type of Zumba classes makes use of salsa, merengue, cumbia and reggaeton music as a setting for a number of energetic dance moves.

Zumba Gold : Zumba Gold is a modified version of the original Zumba class. The pace and moves have been changed slightly to suit the needs of the baby boomer generation, but classes are still based around broadly similar moves performed to Latin music.

Zumbatomic : Designed for kids aged between 4 and 12, this workout does a fun way for kids to get the exercise they need without even know it. For them, it's all about enjoying themselves!

Aqua Zumba : This takes the traditional Zumba moves into the pool, feel the friction of the water encourage your muscles to work harder as you move to the music. The benefit of this kind of exercise in water is that it takes the pressure off your joints – perfect for all ages.

Zumba Toning : Classes focus on key areas of the body, and students make use of Toning Sticks to help achieve the best results. This type of class is also available for the older generation in the form of “Zumba Gold-Toning”.

Zumbain The Circuit : This final form of Zumba combines traditional Zumba with circuit training in one class

BENEFITS OF ZUMBA

- ❖ **Calorie and fat burning:** At its core, Zumba classes provide a large calorie burn through aerobic activity done with interval training in mind. The average person will burn around 600 to 1,000 calories in a Zumba class. With the classes choreographed to provide intervals of intensity in both pace of music and type of movements, class members’ energy expenditure is maximized for fat-burning benefits. Fitness moves are also incorporated within Zumba dances, so don’t be surprised if you find yourself moving from a fast merengue beat to a long, slow set of push-ups on the wall, or doing several sets of squats followed by plyometric jumps.
- ❖ **Improved coordination:** By joining a Zumba class, you’ll definitely improve your coordination, which is extremely important to maintain as you grow older.
- ❖ **Full body workout:** Zumba is both a dance class and a fitness class. Aside from its heart-health benefits, Zumba provides a workout for the whole body. From head and shoulder rolls that loosen up the neck and warm up the upper body, to footwork that strengthens and stretches calves and ankles, this fitness method touches on nearly every muscle and joint. Even those who are just learning the dance steps will find themselves waking up the day after a Zumba class with a definitive post-workout feeling.
- ❖ **Aerobic benefits:** Zumba makes reaching your target heart rate much easier than standard workout routines you’d find on a DVD or in a gym. It does this by using songs that play around 145 beats per minute. This fast pace makes it feel natural to move around quickly. This will set you on the path to true aerobic exercise. If you are trying to build endurance, this is the best thing you can do for yourself. Exercising for prolonged periods at this rate can increase the strength of your heart.
- ❖ **Anaerobic benefits:** Because Zumba’s music plays at a fast pace, moving to the beat of the music can start to build up your endurance after only a few workouts. It builds up your anaerobic endurance rather quickly. Overall, it’s most useful for helping to maintain a good cardiovascular respiratory system. It increases how much oxygen you can breathe during a high-intensity event.
- ❖ **It gets you hooked on exercise:** Workouts that feel like work are hard to get excited about. But Zumba is so enjoyable you actually want to keep coming back. It completely changes the idea of exercise because it’s something you really look forward to. It will keep you on a healthy routine!

- ❖ **Everyone can join in:** Classes are offered at all levels, including standard Zumba, Zumba Gold for senior citizens, Zumba for kids and even Aqua-Zumba done in swimming pools. Because Zumba is based on music and dance, it seems to speak a universal language that people of all nations can related to. There is no large learning curve in a Zumba class, either. New participants may receive small-scale step rehearsals before some longer dances, but in most cases, first-timers can simply jump right into a class and follow along with the instructor.
- ❖ **Increased confidence:** Thanks to all that dancing that a Zumba workout requires, you'll lower your inhibitions, you'll improve your posture, you'll have better coordination and you'll feel good about yourself. These changes will reflect immediately on your mood and on your appearance. Someone who feels good also has greater confidence.
- ❖ **Mood boosting:** 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.
- ❖ **It's social:** At a Zumba class, you'll be able to meet and interact with interesting and fun people. You could go to this type of workout for at least two or three times per week and you'll get to socialize and make a lot of new friends among your Zumba classmates. You can also bring your friends to the party — instructors host "Zumba parties" for corporate challenges, bachelorette parties and more.

CALORIE BURNING

One hour of fast dancing burns 446 calories if you weigh 155 (70kg) pounds and 532 calories if you weigh 185(83 kg) pounds. You need to burn 3,500 calories to lose 1 pound, so with three one-hour Zumba sessions a week, you should lose at least 1 pound in a little over two weeks or almost 2 pounds a month. If you dance Zumba for one hour a day and eat 500 calories a day less than you need to maintain your weight, you should lose 2 pounds weekly or 8 pounds a month. This is a fast, but healthy rate of weight loss. Losing weight any faster means you're losing muscle instead of fat.

DISADVANTAGE

- ❖ While an aerobic based workout program will make you lose weight quicker, you will also gain weight quicker if you stop following a fitness program like Zumba. This is usually not the case with slower workouts such as yoga
- ❖ With a faster workout program, there is a higher chance of injury by tripping, slipping or falling down or simply spraining a muscle. This will especially be a problem with those having certain bone conditions and/or for older people.
- ❖ Zumba fitness may prove to be tiresome for some people who also look for relaxation in their workout regime
- ❖ For people who do not enjoy dancing or lots of noise around them, will be more likely to not be at ease with Zumba

HOW TO STAY SAFE

1. **Prepare for class.** Zumba instructors select dance steps from a variety of styles, including salsa, samba, merengue, hip-hop, tango, and belly dancing. Take a prep class that teaches the basic moves or a beginner's Latin-dance session before you show up at your first class. And if you're a baby boomer, try to find a zumba class geared toward your age group.
2. **Find an experienced instructor.** Any enthusiast can receive basic certification after completing just a one-day course. Before signing up, research your teacher's experience and the extent of his or her fitness or dance certification. Muglio, for example, is a licensed Zumba instructor who is also certified by the National Academy of Sports Medicine as a personal trainer and by the Aerobics and Fitness Association of America as a leader in group exercise.
3. **Wear the right shoes.** Shoes for Zumba should have few or no grips on the soles so you can pivot easily without sticking to the floor. Dance shoes with pivot points allow multidirectional movement, Muglio says. Don't wear running shoes, which are made for forward—not side—movement, Buchalter notes. People who wear them for Zumba are at a higher risk for hip, knee, and ankle injuries. It's also important to find flexible shoes with the right amount of arch support.
4. **Avoid the wrong floors.** Zumba studios have sprouted in converted church basements, school auditoriums, office buildings, and strip-mall storefronts. But not all floor types work well. Be wary of unforgiving surfaces such as concrete, concrete covered with a thin layer of wood, or floors with hard tiles, and avoid carpeted surfaces. Hardwood floors, which provide a certain amount of give, offer a good venue for Zumba. But they still can get damp from sweat, humidity, or wet soles. Be sure to test your glide before you start, and mop up your area if needed.
5. **Ditch the crowds.** Zumba requires a healthy amount of physical space so that people don't injure others with high-velocity movements like boxing punches or chorus-line kicks. Crowded classes can lead to injuries, bumps, and falls. Check out multiple facilities and various times of the day to find which classes are least congested.
6. **Stretch after your workout.** Recent research suggests that stretching before a workout may actually hinder performance. The best time to improve flexibility and posture is after class, when your muscles are warmed.
7. **Warm up and cool down.** A good warm-up will help raise your body temperature, work your muscles, and reduce soreness afterward. A brief cool-down consisting of lighter physical activity will help bring down your heart rate, respiratory rate, and body temperature. Zumba instructors often use music with a slower beat (as in the first half of "Proud Mary" vs. the last) as the initial and final song to accomplish those goals.
8. **Hydrate** by doing this we can become dehydrated quickly. So bring a bottle of water and stop for frequent sips. Humidity can add to your risk of passing out. Watch for light headedness and stop if you feel faint.
9. **Modify those moves.** Use common sense and avoid dangerous moves, even if the teacher and your neighbours are doing it. avoid any ones that involve high leaps (it's called an "insanity diamond jump" for a reason!). And if heart rate gets too high or feel short of breath, substitute low-impact side-to-side or front-to-back moves. A good instructor will

demonstrate lower-intensity alternatives and tailor the class to participants' level of performance.

10. **Consult your physician.** As with any high-intensity cardio exercise, it's best to see your doctor before you begin, especially if you have heart disease or kidney disease, asthma or emphysema, high blood pressure, arthritis, osteoporosis, or disk herniation's.

CONCLUSION

In the present times, carrying out Zumba has become most happening workout trend among youth. Not only Zumba is performing for interesting, but also is very beneficial for health. Zumba workout helps to improve our fitness level and make our heart stronger. It increases the quality of life of all persons with special needs and contributes to their socialization by spending quality time with them. Zumba workout programmes can be applied for preventive and remedial purpose. The movement therapy is used for persons of various ages and physical readiness.

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