



JUNE ZUMBA NEWS

Brrrr its cold! With the temperatures plummeting this time of year, many of us tend to hibernate inside our homes. But, hibernating is for bears! As humans it's important to stay active through all four seasons. For one thing, Zumba is a sure cure for cabin fever and the winter blues. And it increases energy, which can be sapped by gloomy weather. Zumba also bolsters your immune system — studies show that moderate exercisers get 20 to 30 percent fewer colds than non-exercisers do. And, you won't have to scramble to get in shape for swimsuit season. Zumba is the perfect winter workout that keeps you out of the wind and rain, as well as off the couch and gives you a good dose of social interaction. Here are some good things to remember when working out in colder weather...

✳️ A proper warm-up is critical. Cold temperatures can make your muscles tight and therefore they are more prone to injuries. So, it's important to get them warmed-up prior to engaging in physical activity. Make the effort to come early to Zumba class. If you do arrive late then take the first 8-15 minutes of the workout at a slower pace making sure that you are properly warmed up before you “go hard!”

✳️ Drink up! It's just as important to stay hydrated when exercising in winter as it is in summer, even though you might not feel as thirsty.



✳️ If you are drenched with sweat, after Zumba, bring an extra top to change into to avoid getting chilled before you head home.

✳️ By staying fit during winter you'll be able to avoid gaining weight, have a head start on swimsuit season, avoid losing strength and stamina caused from inactivity, keep your energy levels up, increase your immune system and beat those winter blues!

The U Rock! - Zumba Party rocked the other night. We had Bob Marley, Rock stars, The Techno Team, Flamenco dancers and a Hip Hop crew rock the stage and lead us in some of our favorite tracks. Thanks to everyone who attended and made it a special night. We have loaded up some great pics of the evening on our “Zumba with Kanikani” facebook page, so go and take a look!

It's the Queens Birthday – Party anyone? Monday the 7th of June, is Queens Birthday, so if your'e lucky enough not to be working, then take the opportunity to come down and join our Monday class. Held at the St Johns Hall, 243 Karori Road at 9.15am. We would love to see you there!



Congratulations to Sally Edgar who was the winner of both “Bring a Friend Competition” and also the Inspirational Story Competition! Sally introduced loads of people to Zumba and still continues to bring friends even well after the competition has ended. Sally is one special lady and I am so glad that she is happy to share her story with us all below.

My little story is contributing Zumba as part of my 'getting my life back'! After a horrid 2009 which inspired a year of sadness and inactivity and the resulting lack of fitness and health, finding and doing Zumba has helped kick start me back to life and health and fitness!!

At the end of 2009 I then found out I had a second lot of breast cancer and needed all the treatment that goes with it, which I am in the middle of. Every time I do a Zumba class I am inspired and filled with joy and passion. In the class I am often in tears due to the gratitude I feel to God and to the feeling of loving life and being alive. While I still have 100% energy I want to go 'hard out' in each class. I love that I can be free to be free in your classes.

I am not fit yet, but each class is getting me on the way, and I have fun doing it!

Sally Edgar - (bollywood princess)



ZUMBATHON Saturday, 12th June – Civic Square - Wellington East Girls College is organising a ZUMBATHON to raise money for World Vision. The plan is to do a series of 45min Zumba classes throughout the day with recovery breaks in between. The girls will advertise each class and its start time and people can come throughout the day to do a class or 2 or 3...(max 7 classes). The WEGC girls will be collecting a donation of \$5 from participants. I'll keep you posted with more information as it comes to hand.

Are you a Yummy Mummy?

The Wellington Yummy Mummy Club is a club for mums (of all ages) and mummy's-to-be in Wellington who want to find some balance in their lives; have some fun, and in the process, find (and in some cases reinvent) their mojo's! Check out some great events coming up on their facebook page - search for “Yummy Mummy Club, Wgtn NZ.



Eat for Health – Eat for Health is a workshop exploring practical and realistic nutritional advice for you in the real world. This workshop will be held at the St Johns Hall in Karori on Monday June 14th, 10.30-11.30am, following the Monday morning Zumba class. It costs \$10 per person, which includes a post workout snack and Café Coffee/hot drink. You can register at your next class.

The workshop is facilitated by Sarah Burkhart who is a sought after nutritionist with a BSc (Human Nutrition) and is a guest lecturer at Massey University. Sarah will be covering valuable topics such as...



- ★ The Real Deal on Nutrition – what is a balanced diet?
- ★ Desk Dining – how to eat healthier at work
- ★ Snack Attack – choosing better snack options at work and at home
- ★ Energy Overload – how to be bursting with energy at work and at home
- ★ Maintaining Momentum – how to stick with your improved diet long term
- ★ Savvy Supermarket Shopping – how to shop to your healthy advantage
- ★ Eating on the Road – how to choose healthy options when you are out and about
- ★ Eating on the Run – how to make balanced choices when you are rushed
- ★ Eating for Exercise – what to eat, and when to eat it to maximise your performance
- ★ Move it to Lose it – how exercise helps in achieving your lifestyle goals
- ★ Buying on a budget – how to eat healthier without spending more

To find out more about Sarah Burkhart Nutrition take a look at her website www.sportsnutritionist.co.nz.

Zumba BOOST - *Zumba Boost* is a 2-hour session for anyone that wants to give his or her Zumba workout an extra boost! We will study the basic Zumba steps, style/form and show you how to get the most out of your Zumba workout. This workshop is great if you are new to Zumba and perfect for those wanting to practice their technique and get more familiar with the routines. All details including location and date will be confirmed soon on facebook and at your next class.

See you soon and remember if you ever feel cold - *Move your body, shake it!*

