

Thursday, November, 11, 2010

9:00am – 9:50am

Physical Fitness:
Enjoy Getting Fit -
Experience Zumba!!



ZUMBA INSTRUCTOR
Nancy Bridges

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California District Council Health Professional Auxiliary Presents:

ZUMBA!

**Zumba is the Colombian slang word meaning to buzz like a bee or move fast.*

The ZUMBA program is recognized by the America's leading fitness educators, including the [Aerobic Fitness Association of America](#), [IDEA Health and Fitness Association](#), and the [American Council on Exercise](#).

- As an instructor, I am so grateful for the opportunity to share my passion for the program so that others can realize their fitness goals like I did. In 2009, I weighed 176.50 lbs. (which was alarming for a person of only 5'2") and within 9 months, I lost 50 lbs. and went from a size 18 to a size 4.
- A major part of my success was and continues to be from the Zumba Fitness Program. I love how this program works every area of your body and is so much fun to do. What's more, it's a great outlet for those who enjoy dancing who don't get to do that very often.

The participants should wear comfortable shoes and clothing that allows them flexibility. If participants have one pound weights, those would be great. They can also use canned food too (could be a great idea for a Thanksgiving food drive!) and the food should be something semi-solid such as refried beans, pumpkin, dog food, tomato paste, etc

Participants are advised to bring a change of clothes, towel, and personal hygiene items as this is a workout that will work up a sweat!

We look forward to meeting you in this general session, all are welcome.

(As always, do consult your doctor before starting a new exercise activity; and use caution if you know you have health challenges or limited mobility)