

PHYSICAL ACTIVITY STYLES PRACTICED IN GYMS

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ABSTRACT. In the following article, we have tried to present you some information regarding a few physical movement styles that you can find in the gyms in our country. We focus on Kangoo Jumps, Pilates, Qigong, Tae-Bo, Tai-Chi and Zumba.

One by one we took each exercise type and we gave a detailed presentation about its history, description of how to do it and if needed we listed the necessary equipments required for the given exercise. We also presented the major benefits of each exercise style that has over a certain body part, and the places where you can practice it, so when you are done reading this article, you are capable to decide - based on your affections, the results you want to obtain and on the vitality that you have - which type of movement you want to try out in order to obtain maximal personalized effects.

Key Words: Kangoo Jumps, Pilates, Qigong, Tae-Bo, Tai-Chi, Zumba, moving, sport

REZUMAT. Stiluri de mișcare fizică practicate în sălile de sport. In articolul care urmează am încercat să vă prezentăm informații privind câteva stiluri de mișcare fizică prezente în sălile de sport din țara noastră, mai exact despre Kangoo Jumps, Pilates, Qigong, Tae Bo, Tai-Chi, Zumba.

Rând pe rând am luat fiecare tip de mișcare și le-am detaliat prezentându-va istoricul acesteia, descrierea modului de executare și a eventualelor accesorii pe care le presupune practicarea lui, beneficiile pe care le aduce fiecare stil în parte, asupra căror părți și sisteme anatomice are un mai mare impact, precum și locurile unde pot fi practicate, astfel încât la finalul citirii articolului să fiți în măsură să decideți, în funcție de afecțiunile pe care le aveți, de rezultatele pe care doriți să le obțineți și de vitalitatea de care dispuneți ce tip de mișcare doriți să o încercați, să obțineți efecte personalizate maxime.

Cuvinte cheie: Kangoo Jumps, Pilates, Qigong, Tae-Bo, Tai-Chi, Zumba, mișcare, sports

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Introduction

Mens sana in corpore sano is not a saying; it is a concentrated expression of reality. A healthy mind is conditioned by the existence of a healthy body. In this situation it is shown that we have an obligation, not just enjoyment, to keep our body healthy.

We come from ploughmen, smiths, and so on, the ordinary people who unconsciously, without having access to all the theories of existentialism retained their active body, they were constantly involved in their work and this gave them greater mental health.

It would be interesting to see the differences between physical and mental health in past times of the ordinary people compared to elite (kings, princes, noblemen), but this is perhaps the subject of another article.

Following the initial idea, we enter the wire of the world's evolution, which due to technology and progress has brought many benefits, and high degree of comfort. But it is like the consequence to the expense of physical movement, which has established sedentary life.

But because it is inevitable, man is prone to analysis and meditation, clever minds have realized the negative effect of convenience over the physical body and translated ancient movement from fields, pastures, quarrying village into the gyms.

In our present day we do not walk miles, because evolution has as a consequence the crisis of time. But what our ancestors did of inertia, we can do it consciously and in a more concentrated time in gyms.

And also because of progress we are in real-time contact with all the contents across the globe and because man likes universality, gyms do not host the same type of motion. We are borrowing sporting activities from all around the world, and the world incorporates us.

Thus, if by the 80's only "classic aerobics" was known, now we are dealing with many different styles to maintain our body in shape and to relax the mind at the same time. We identify the style that we like through analysis and we will attend that frequently. Below I try to detail some of the styles known to us.

KANGOO JUMPS

Short history: Who invented this system, when and what was the basis of it and how it was reached?

For the first time it was presented at SISEL Sports Fair in Paris in 1994. It is the invention of Canadian inventor Gregory Lektham, but the boots were patented by Denis Naville (Switzerland). Kangoo Jumps aimed people who wanted to play sports safely without injuries on the level of the knees and spine. Many people choose to play sports and want a healthy lifestyle, but they must

take into account the strength of the bone system. Kangoo Jumps have been extensively studied and refined by results. Studies have been made in Australia at Lismore University and also at the University of Lausanne in Switzerland. There are four generations of Kangoo Jumps boots and the latest Kangoo Jumps boots are the XR3 that are used in the gyms. No other models of boots are allowed in the gyms. What is special about this model is that it has a sole support that protects the column upon impact with the ground. During running, if we use boots, chances of ankle, spine and knee injuries are reduced. All persons using Kangoo Jumps during training recognize that they feel really good, and the boots inducing them in a euphoric state. By stretching bands and elliptical arcs, Kangoo Jumps is an invention designed specifically for protection against strike. (<http://www.cubicicleta.ro/2010/04/kangoo-jumps-o-disciplina-neconven-%C8%9Bionala-a-aerobic/>)

By stretching bands and elliptical arcs, Kangoo Jumps is an invention designed specifically for protection against strike.



Description

Kangoo Jumps is a new sport, appeared in gyms, which combines traditional aerobic movements with Tae-bo. The difference compared to the regular classes is not only because of the special shoes that force you to take an extraordinary impetus, like a kangaroo, that can put your body in danger if you have problems with balance. Shoes are the result of 11 years of research and their creators say they can be used by anyone between ages of 6 and 90 years, who can stand on their feet without assistance.

With Kangoo Jumps you will burn many calories you will get rid of unwanted pounds, because it stimulates the lymphatic system. The lymphatic system is the fluid that circulates between our cells in order to carry waste and toxins from the body and keeping it healthy.

The benefits of Kangoo Jumps

"Only the fact that requires you to a more alert and coordinated "walk" when you wear the boots is considered an important benefit. Even NASA specialists were surprised by the benefits of this type of shoe, as one of the most renowned researchers said that these exercises are the most effective ones ever invented by man. Why? Because Kangoo Jumps shoes helps to avoid inconveniences that you encounter when doing sport with ordinary shoes - pain in the soles from the impact with the ground will disappear! You will lose weight more quickly, experts say you can burn as many as 800 calories per hour and you will boost your

physical endurance. Cardiovascular circulation will improve and your heart will become happier and healthier. You will see that stress will leave you like magic. You will have so much energy that you've never felt in months. Leg bones will be strengthened and your thighs will look more defined. You will have a queen posture, because this sport requires you to keep your back straight. (<http://revistaplafar.Ro/antreneaza-te/752/kangoo-jumps-corp-perfect-pentru-distractie-maxima.html>).

Ideal for joints, Kangoo Jumps boots reduces with 80% the impact of the body with the ground.”

Benefits:

- Increases resistance to stress
- Strengthens cardiovascular system (VO2 Max)
- Strengthens the spine and intervertebral discs
- Helps to adopt the correct position of the spine
- Mechanic reception and proprioception: balance and coordination
- Stimulates bone reconstruction (osteoblastic)
- Increased fat burning (stimulates lymph nodes)
- Increase motivation
- Maximizes muscle contraction due to positive and negative gravity
- Reducing pronation and supination

History of Kangoo shoes

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Where to practice

There is no difference between indoor and outdoor boots. Boots used in the gym and for running are Kangoo Jumps XR3. With the same boots can make a program in the gym and outside. The program itself is different. Outside you run more, but breathe fresh air while in the gym there is choreography. We play.

PILATES

Short History

Pilates was developed by Joseph H. Pilates (born in Germany) during World War with the aim to improve the rehabilitation of returning war veterans.

Joseph Pilates was born in 1880 in Germany, was the first to develop Pilates movements. He created this system when he was imprisoned during World War I and realized that prisoners need training for the body, mind and soul. Pilates said, "*The mind is the one that builds the body.*" The Pilates program does only the following: it is mental and physical improvement which aims the mind to function in balance, economy and grace in order to achieve a high degree of harmony, physical and mental health.

Joseph Pilates said that mental and physical health are essential to one another. He recommended some control movements to help the wounded soldiers in strengthening their health through stretching and stabilizing key muscles. Originally it was a medical method, and now as a form of fitness for the body and soul. (http://gym.cs-transilvania.ro/page/pilates_istoric)

Description

Pilates is a new sport that teaches the principles of relaxation, concentration, alignment, breathing, centering, alignment, fluidity of movement and strength of mind. The Pilates method develops the harmony of the body, enhances wellbeing throughout the body and tones the entire muscle system.

Breathing is very important throughout the exercise. The basic rule is to exhale at the most difficult part of the exercise and inhale when you relax. Also, when doing Pilates workout, you should strain all muscles in your body.

The exercises are simple, they are performed slowly, focusing on all movements and breathing. A proper breathing allows oxygen circulating through the blood to remove toxic substances that cause fatigue and pain. It is not a strenuous workout, but is even known for its energizing properties.

"Pilates called his method *Contrology*, saying that the exercise uses the mind to control the muscles. The program focuses on the muscles in the back, which helps to keep the body balanced and which are essential to support the spine." (http://gym.cs-transilvania.ro/page/pilates_istoric)

Pilates helps especially the awareness of breathing and alignment of the spine, and aims to strengthen the trunk muscles.

These exercises have great advantages and can be practiced by anyone, regardless of age, sex or physical condition, with minimal risk of getting hurt.

Advantages / benefits

Reasons to try Pilates method:

- Increases muscle tone;
- Reduce stress;
- Increases joint mobility;
- Improves circulation and posture of the body;
- Gives energy and vitality for the entire body.

Mainly, this type of exercise increases joint mobility, flexibility and agility of the whole body, hence gives an increased resistance to physical force and effort;

If practiced regularly, Pilates movements increase lung capacity and has beneficial effects on blood circulation in the body;

Pilates corrects the position of the back by reducing pain caused by sitting incorrectly in the office chair;

By practicing Pilates it will obviously improve the sexual life.

Pilates is a unique form of exercise that provides the body with many benefits:

- Reshapes the body;
- Thins the waist;
- Tones the muscles;
- Improves the posture;
- Tones the whole body;
- Reduces back pain;
- Increases joint mobility;
- Strengthens the heart muscles;
- Improves circulation;
- Increases flexibility;
- Improves athletic performance;
- Protects against seasonal diseases;
- Reduces stress and tension and helps increase energy levels;

Materials

Pilates exercise technique includes both the ground running and elements that involve the use of objects such as balls, straps, elastic mattresses that you find in aerobic rooms and in specialty stores.

Where to practice

If you want to practice Pilates at home, there are many programs on the Internet and on DVDs that can help. If, however, you decide that you would prefer to practice Pilates in a gym, there are certified instructors in the country.

QIGONG

Short history

Qigong has been practiced in secret for over 5000 years and is one of the best kept secrets. Transmission from generation to generation was the direct path. Few classic texts that provide information about the system are written intentionally in coded terms (Daniel Reid, preface). Today, in the information age, Qigong has become known worldwide and ancient secrets that were kept they are now open worldwide. Specialized studies conducted in Asia and elsewhere show the effectiveness of Qigong in the treatment of many diseases for which western medicine offers only temporary remedies. Also, many hospitals include medical qigong as an aid in treating certain diseases.

In general, Qigong is associated with the practice of Tai Chi, an internal martial art, which can be considered a moving Qigong practiced by many people just for the health benefits. (<http://ro.wikipedia.org/wiki/Qigong>)

Description

The word "Qigong" can be translated as "mastery of Qi (energy)." Qigong includes physical exercise combined with meditation and breathing techniques and has a direct effect on the energy meridians.

Qigong can be practiced by anyone, regardless of age, nationality, race, sex, religion, political views or health condition.

Advantages and Benefits

- stress management
- highly effective in preventing diseases
- includes valuable healing techniques
- development of intellect and memory
- development of special abilities, latent energy depending on the particular body of each individual
- quick advancement in practice

Qigong practice has its immediate effects on the body: increasing immunity and adjusting all functions of - metabolism, respiratory system, circulatory and digestive system, blood pressure, sleep, and autonomic nervous system, inducing a state of relaxation. This exercise can be practiced 24 hours a day, thus becoming a lifestyle.

The perseverance practice leads to self-control of mental states, eliminating negative emotions, acquiring a state of relaxation and mental tone, also leading to the emergence and the development of the potential of body, mind and spirit.

Materials / Equipment

If you've decided to practice qigong it is necessary that you find a teacher, to establish contact with colleagues, to travel far to follow courses, all this require

money, especially now that you can not make even one step without money. The principle of studying Qigong is that it does not allow thinking of only receiving without thinking that you have to give something in return.

A qigong master, regardless of how great its skills are, in everyday life is only human and can not dispense from the material part. In life you need the money and the seller will not give you the merchandise for free, even if recognizes in you a qigong master.

Where can you practice Qigong

Qigong is a very economical exercise. You do not need equipment, tools, or a playground as you need for soccer (football) or basketball, nor do you need a ball. If you have enough space to sit down or stand, an area with good ventilation is already sufficient. For starters, you might pay a fee to learn from a master, but then you can practice alone at home, without the need to pay someone.

Qigong can be practiced according to your own schedule. Even though there are certain hours recommended to practice it in a more effective way, this is not an obligation. In addition, you do not need a partner, so when you want, you can practice.

TAE-BO

Short history

Billy Blanks is the creator of Tae-bo, a revolutionary fitness system that is number one in America. Billy became in 1975 America's first Amateur Athletic Champion, a title which he then won five times, scoring seven level black belt in Tae Kwon Do and 5 other black belts in martial arts.

He was seven times world champion in karate and has trained U.S. karate team, obtaining 36 gold medals in international competitions. Blanks invented Tae-bo in 1989 when he had the idea of doing Tae Kwan Do style movements while listening to music. He taught the first courses in the garage of his home in Los Angeles. Since then, the method has spread all over the world, but Blanks still teaches four courses per day. He seasonally trains U.S. military troops on the mission in Iraq, Bosnia, Kosovo, Sarajevo, Greece, Africa, Germany and Italy.

The name comes from the combination of **t**ae kwon do and **b**oxing. Later, Billy Blanks wrote an acronym: Total Awareness Excellence Body Obedience.

Description

Tae-bo is an attractive combination between aerobics, ballet, karate, boxing, hip-hop dancing and weight training. Why Tae-bo gained so much ground to classic sports? Because it is fun, energizing and effective: in one hour struck, thrust, stretched and leapt you lose twice more calories than traditional aerobics! (<http://www.kudika.ro/article/beauty~wellness/4187/tae-bo-800-kcal-ora.html>)

Advantages

It is good for blood circulation; you work all the muscles in the body, you stimulate the production of endorphins (hormone of happiness) and this exercise will release stress. Many people say that after training they feel energized and full of life!

This "sport" improves balance, coordination, mobility, strengthens muscles and even bone system.

Tae-Bo resembles also martial arts exercises, but it is not a self-defense course. Exercises with a greater degree of difficulty, involving high leg kicks and jumps are characterized by high demand of the entire body and are the ones that will help you burn calories. Tae-Bo can be a great cardiovascular workout when practiced correctly.

Tae-bo is good for blood circulation, it works your muscles throughout the body, stimulates the production of endorphins (happiness hormone), increases oxygenation and it is indicated for the smokers (can be used in tobacco cessation therapy), stimulates tissue regeneration, increases immune system tone, retains youth and relieves stress. Many people say that after training they feel energized and full of life!

Contraindicated

Tae-bo, is a sport involving heavy energy consumption and it is not indicated for persons who have heart disease, asthma in acute crisis or other chronic diseases that prevent physical effort. (<http://vovinam-yang.blogspot.ro/2011/02/tae-bo-frumusete-tonifiere-rezistent.html>).

There are many benefits to those who practice Tae-bo. First we lose weight and we get a toned and enviable body. Tae-bo improves balance, coordination, mobility, and the muscle and skeletal system are enhanced. Through daily practice of this sport for 30 minutes, we will see an improvement in the immune system and blood circulation, Tae-bo being a good cardio exercise. Tae-bo reduces the risk of diseases such as diabetes, obesity or various heart problems.

Unfortunately Tae-bo has the disadvantage of being a sport practiced not just in reach. It is quite difficult for beginners to start such a program alone especially if knowledge and skills for martial arts and aerobics are minimal. Usually, beginners need a coach that will gradually increase the intensity and difficulty of exercises practiced.

Materials

Equipment required: Towel, sports equipment, sneakers.

Where can Tae-Bo be practiced

Are not tempting by idea to buy DVDs and practice Tae-bo at home, the best option is to choose one of the gyms where you can practice Tae-bo.

TAI-CHI

Short history

"Calisthenics and breathing exercises apparently existed since the 1100s BC. Stories about the appearance of Tai Chi Chuan came only later, when art was already widespread. Some rumors say that it was created by Chan Sang-Feng after he witnessed a fight between a crane and a snake, including their movements in a fighting style that combines the advantages of both style, other rumors say that he had received inspiration through a series of dreams. Other stories put the origin of Tai Chi Chuan in the Tang Dynasty era, where General Ming designed a fighting style for imperial soldiers." (http://ro.wikipedia.org/wiki/Tai_Chi_Chuan)

"For centuries the art of Tai Chi Chuan, was kept secret and transmitted from generation to generation. Initiation progress was slow and masters were demanding huge payments or services in exchange for teaching these powerful martial arts. Wider spread occurred with the appearance of firearms, in the same time the martial arts began to lose ground. Firearms did not require too much training and have a major advantage with the ability to remotely kill even in the hands of unprofessional. The future of martial arts seem less happy, but a big change occurred when they were reshaped focusing on the benefits of health, inner balance, discipline and self-control." (http://ro.wikipedia.org/wiki/Tai_Chi_Chuan)

Description

Tai Chi as practiced today in the West and in our country can be defined as a moving form of yoga combined with meditation. There are a number of so-called "forms" or "sets" that consist of a chain of movements. Many of these movements originate from martial arts (and perhaps even ancestral gestures imitating the behavior of animals and birds) although the way in which they are performed is slow and graceful with smooth and delicate transitions from one to the other. Adults, practicing **Tai Chi**, do not set as their main goal to train in martial arts but first, they want to mobilize a meditation exercise through the body. In Chinese philosophy and medicine, there is the fundamental concept of "chi", a vital force that animates the body. One of the aims of Tai Chi is to stimulate circulation of "chi" inside the body, believing that in this way an individual's health and vitality can be improved.

Another aim of *Tai Chi* discipline is inducing a state of serenity and relaxation of mind produced by these specific exercises. Learning how to practice correctly these movements opens an initiation of balance, lighting, subtle adjustment of the locomotor, rhythm and natural movement and body movement starting from its vital center. In this way, the study of Tai Chi can help to improve the ability to have a correct vertical position, to walk smoothly or to run in your own pace. Moreover, accompanying meditation exercises are able to bring you beyond everyday stress and rise above small but significant everyday problems.

Since Tai Chi movements have their origins in martial arts, practicing them can help you learn the various techniques of self defense. The combined movements of two persons, named in Anglo-Saxon term "push-hands" ("pushing hands"), principles or instincts of sensitivity are developed and respond to the vital "chi" energy of another human being. People who practice Tai Chi for a long time are often inclined to develop their skills in martial arts. In fact, Tai Chi technique is capable of directing your potential destructive energy in a form in which it no longer means danger to those around you." (http://www.doctor.info.ro/tai_chi_chuan,un_dans_energetic_de_viata_lunga.html)

What is Tai Chi?

"Tai Chi Chuan means the action (tai) of the internal energy (chi) through hands or fists (chuan). Works with chi by practicing slow motion sequences called forms, related to the five elements theory of Yin and Yang and the I Ching. Breathing and concentration are also important to relax the body, promote emotional balance and peace of mind. Tai Chi Chuan is seen as a fight, but an internal one: you fight with yourself, with your own energy, physical, emotional blockages etc. or psycho-mental and emotional nature (ignorance, laziness, fear, envy, pride, resentment, etc.). They can be wiped out by reaching a state of great physical and mental health by expanding the field of knowledge and addressing spiritualized lifestyle." (http://www.doctor.info.Ro/tai_chi_chuan,un_dans_energetic_de_viata_lunga.html)

Benefits of Tai Chi Chuan

"In the body, Tai Chi Chuan exercise improves coordination, flexibility and balance, increases skeletal muscle strength and endurance, massaging the internal organs and improves their functionality. In this way, the joints become flexible, muscles will be less tensed and the body is purified. In other words, Tai Chi Chuan contributes to the rejuvenation of the entire body, providing flexibility and agility for the body." (http://www.doctor.info.ro/tai_chi_chuan,un_dans_energetic_de_viata_lunga.html)

In terms of benefits on the psychological level, the technique helps to remove daily stress, anxiety and fatigue, strengthens the will and opens the soul, refining and enhancing perceptions. Because it takes concentration to perform exercises, Tai Chi Chuan stimulates the process of installing a state of calm prevailing inner psychological harmony and balance.

Tai Chi Chuan recommended for cardiac patients

"Tai Chi Chuan exercises can be performed by any person, regardless of age or sex. Moreover, they are recommended as an aerobic for the elderly and relaxing exercise for cardiac patients. In case of pregnant women in advanced months, the exercise will avoid certain movements involving the perineum and bending of the body. Also, people who have severe joint problems or pain, will

begin practicing with caution, without forcing leg joints. Tai Chi Chuan is contraindicated in acute states of intoxication, fever or any organic emergency." (http://www.doctor.info.ro/tai_chi_chuan_un_dans_energetic_de_viata_lunga.html)

Where can you practice Tai Chi Chuan

Tai Chi can be practiced anywhere and anytime because it involves jogging, aerobics similar movements and simple relaxation exercises. Work equipment is easy and does not require additional effort in this regard. Tai Chi exercises are also available electronically.

ZUMBA

Short history

"Alberto Beto Perez is the creator of Zumba Fitness. Beto, a native of Colombia (South America) is the founder of Zumba and director of Zumba Master Trainer Team. He is also a professional dancer and a famous choreographer. He collaborated with Shakira and other celebrities." (<http://revolution-studio.ro/istoria-zumba>)

"In Colombia, Zumba is slang for fun and means to move quickly. Zumba Fitness is a program that uses aerobic dance steps inspired by Latin dances such as salsa, merengue, flamenco, samba, etc. Recently other interesting dances such as hip-hop, country, etc. were added". (<http://revolution-studio.ro/istoria-zumba>)

"Beto Perez created Zumba as an accident. As he says, one day when he was in a hurry to get to aerobics class he forgot his music CDs at home. With no other alternative, he used Latin music that he used to listen in the car. Class exploded and became the most popular in Colombia. He called this class "Rumbacize". (<http://revolution-studio.ro/istoria-zumba>)

"In 1999 Beto arrived in the U.S., specifically in Miami, Florida. There he met two young entrepreneurs who convinced him to change the name into Zumba Fitness. They began to develop and advertise worldwide his fitness philosophy." (<http://revolution-studio.ro/istoria-zumba>)

Description

"Zumba is a combination of aerobics and dance taking place on different types of music. The most used and appreciated is Latin music, on various styles, from salsa, samba, merengue and continuing with African, Colombian rhythms, raggaeton, etc. The repertoire is not limited to these styles, Zumba can be practiced also on rhythms such as country, funk, rock and roll, etc..

Music used in Zumba classes is very exciting that will keep you engaged, you will enjoy every movement and after a one hour course you will go home very sweaty and at the same time with a smile on your face.

This is actually the beauty of Zumba classes and namely that you work almost all muscle groups in your body having fun and enjoying yourself at the same time. You'll have a great time and you'll sweat without you realize.

When it comes to effort, dance can not be compared to fitness training. But what if we combine them? A choreographer from the United States did this and novelty workout, he called Zumba, now enjoys a great popularity all over the world. Zumba combines the energetic Latin dance movements (as well as several international repertoires) with fitness principles on a simple choreography that is easy to learn. Zumba means "to move fast while having fun."

Advantages

"Zumba is a fitness party! Going to a Zumba class with your friends and colleagues is like going to the best party! It's the type of exercise that you'll want to do every day until you realize what is happening and you are already caught up in them!

Zumba is practiced with ease! Movements, steps that we teach are very easy to follow, making Zumba really fun and easy to "learn". Result? Men and women and even children will participate with ease and joy!

Zumba is aerobic on Latin rhythms! All styles of Latin dances: Salsa, Samba, Merengue, Cuba, Calypso, Reggaeton and Hiphop encourage you to move your body. And with all that Zumba is a serious workout that you will not regret. You will consider it as fun.

Zumba is different! Classic fitness usually contains repetitive movements, which often gets boring. The dynamic of the Zumba program is very varied, with many alternations of the more gentle rhythms and quiet that give "pause" to revive you! Of course, again for a completely different rhythm!

Zumba is really effective! Already after a few Zumba classes you will feel the effects of this great course! Let's not forget that ultimately Zumba is a fitness program. The most important is to remember that the whole body participates while doing Zumba – your feet, because you do movements in dance steps, your hands when we go to the next step and together with the hands the whole body will follow.

Zumba means toning and fat burning! "Already we all know that fat burning and strengthening, muscle modeling is the way to lose weight and tone the entire body. The big advantage with Zumba is that you do not get muscle sore because nobody requires you to do a set of repetitive and tiring exercises, but each person will go in his/her own pace and do as many as possible." (www.artdancestudio.ro/zumba.html)

Materials / Equipment

Clothing should be comfortable, to allow movement in all parts of the body and will not disturb or irritate you. Be prepared to sweat. Cotton materials are recommended. The more the clothing is comfortable the better you'll feel, you will have more fun, you will sweat more and you will burn more calories. Don't forget to bring changing clothes and if you sweat very quickly, you can change your T-shirt.

Where you can practice Zumba

Normally, you can practice Zumba right at home, with special DVDs that you can buy on the internet, but also you can practice in gyms with qualified instruct.

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