STAC 108—Zumba® Study Guide

I. Zumba®
Zumba is an exercise format started in 2001 by Beto Perez, a dancer and an aerobics instructor. One day in class, he forgot his music, so he grabbed the music he usually listened to for fun: salsa, merengue, cumbia, etc., and improvised the class. The class loved it and asked for more.

Now Zumba® is a fitness format consisting of at least 70% Latin and international dance rhythms. Dances include salsa, merengue, cumbia, reggaeton, bhangra, belly dance, axé, calypso, cha cha, quebradita, samba, flamenco and tango. Movements are based on these dances with modifications for the purpose of exercise and fitness.

How to distinguish some of the most common rhythms:
Salsa rhythm 123—
Step RLR (pause), LRL (pause)
Generally speaking, salsa has a "home-base." You step your foot to the side on the 1, and return to center on the 3, switching to the opposite leg. You can also step your foot to the front or back, or even cross in front or back.
Cumbia 1&2&3&4&
You can usually hear an accordion in traditional Cumbia music. Stomping or bouncing the same foot on the counts and raising it up on the "&"s.
R&R&R&R&R&A... or L&L&L&L&L...
Merengue 1234
Even steady rhythm. Marching. RLRRLRLR...
Samba 1&2, 3&4
Lots of percussion instruments.
RLR, LRL, but usually faster than salsa and without the side to side movements.

II. Basic exercise guidelines
According to ACSM, a complete physical activity program will include aerobic exercise, strength training exercise and flexibility training. Exercise on a regular schedule is more important that the intensity of the workouts.

Aerobic activity requires a continuous supply of oxygen in order to maintain the workload. Everything we do, walking, cooking, even sitting, requires oxygen and could be considered an aerobic activity. Aerobic "exercise" is something that will challenge the capacity of the individual, therefore resulting in an increase in ability. Examples of aerobic exercise are walking, running, cycling, swimming, step aerobics, rowing, and of course, Zumba® classes. An average person should engage in aerobic exercise 3-5 days per week, for 20-30 minutes (length depends on intensity). This is a schedule for weight and health maintenance. If weight loss is desired, the length of workouts may need to be lengthened to 60-90 minutes. It is perfectly fine to do different kinds of exercise from day to day.
The **talk test** is a rather accurate method for determining your workout intensity. You should be able to speak in short phrases, not a paragraph at a time. (You are welcome to test yourself in class: "I love Zumba!" "¡Eso!" "This is my favorite!"

**Strength training/resistance training/weight-lifting**, should happen 2-3 times per week and should target major muscles groups in the upper and lower body, as well as abdominal muscles. You should not work the same muscles on consecutive days. You should perform 8-10 different exercises, with 8-12 repetitions of each exercise.

**Flexibility training** is often over-looked. Strong muscles are limited in their capacity to perform if they are stiff and have a small range of motion. Stretches are safest when muscles are already warm so it is ideal to add them at the end of a cardio workout. Stretches should be sustained gradual movements (no bouncing) held for 15-20 seconds. Stretches should be held at the end of the range of motion, to tightness but not pain or discomfort. Try to stretch every day.

**What is the best type of exercise?** The one you like (you will stick with it)

### III. Safety guidelines
Two important factors in preventing injury during exercise are the **warmup** and **cooldown**. You should remember that not all injuries are of a sudden nature. Sometimes pain and injury develops slowly and imperceptibly over time, often because of neglecting to warmup and cooldown properly.

Any exercise (aerobic, strength, and flexibility) requires a warm up to prepare your body. The **warmup** raises your body temperature and prepares your muscles for movement. It gradually increases your heart rate.

It is also important to **cooldown** your body after exercise. The cooldown slowly lowers your heart rate. During intense aerobic activity, your blood vessels expand to allow for increased blood flow. The movement of your muscles helps your heart to keep that blood moving quickly. If you suddenly stop moving, the blood may not continue moving as well and can actually gather and pool in those wide open blood vessels. That is a problem because less blood is in the places where you need it (at the top of your body/brain) and you may pass out. Gradually slowing your movements prevents blood from pooling in your extremities.

**Danger signs during exercise:**
If you experience any of these signs during exercise, you should STOP and notify the instructor or someone nearby you. Do NOT leave the room alone if you experience any of these signs:
- Nausea
- Dizziness
- Tightness or pain in chest
- Loss of muscle control, staggering
- Severe breathlessness/gasping
- Allergic reaction
Blurred vision
Injury (knee, ankle sprain, etc.)
Mental confusion
Cyanosis (Bluish color)

If you notice any of these signs in another participant, please notify the instructor immediately. If you experience an injury, it needs to be reported to the instructor immediately.

General guidelines for treating a musculoskeletal injury are:
  R  rest
  I  ice
  C  compression
  E  elevation
IV. Basic nutrition guidelines
6 basic nutrients: water, carbohydrates, protein, fat, vitamins, minerals

You need them ALL.

**Water: no caloric value.** Your body is mostly water. A well-exercised person has a higher percentage of water than a less-exercised person, so it is even more important to maintain the hydration your body needs.

Please come to class hydrated. If you have moved here from another climate, please remember this is a DESERT and you need at least 8 cups of water a day. But when you add exercise, that need increases. As a general rule of thumb, if you feel thirsty, you are already slightly dehydrated. Please drink about 1 cup of water prior to class, take 3-4 ounces of water every 20 minutes of aerobic activity (probably just one water break during our classes) and then rehydrate with 2 cups of water afterward.

**Carbohydrates: 4 calories per gram.** The basic energy source your body uses for fuel. Candy and whole grains are both examples of carbohydrates. Both supply fuel. One has a better package deal that the other so choose wisely as often as possible.

**Protein: 4 calories per gram.** Your body needs proteins for synthesis of enzymes and hormones, tissue maintenance and repair, and some blood components. It is not an efficient energy source so your body prefers to use the carbohydrates and fats and preserve the proteins for their intended use.

**Fats: 9 calories per gram.** Fats are essential to your body. That assist in vitamin transport, insulation from cold, protecting your organs, and are the major stored energy source for your body.

**Vitamins: no caloric value.** Vitamins are needed in small quantities for growth, maintenance, and repair. Some vitamins are water-soluble and can not be stored in your body. That means you need to replenish them often with healthy foods. Other vitamins are fat-soluble and can be stored in your body. Mega dosing (taking more than 10 times the Recommended Daily Allowance) on either kind is not recommended.

**Minerals: no caloric value.** Inorganic compounds needed for a wide variety of body functions. They are best absorbed from natural food sources rather than pills.

Remember, there are widely varying opinions about what kinds of diets are healthiest. To avoid confusion, remember to compare any nutritional advice with the counsel in Doctrine and Covenants 89. Anything that contradicts that can be disregarded.
V. What is "Health?"
We often limit the idea of "health" to our physical bodies. We often narrow that focus even further to our weight and size. It is true, there are many advantages of maintaining a proper body weight. But what is "proper" is sometimes inaccurately defined by media and culture, rather than proven scientific data. Measures such as blood pressure, cholesterol levels, resting heart rate, and weight can all be used to help determine a person's overall health.

In addition to physical bodies, "health" can also include our mental and spiritual well-being. Each has an effect on the others. All are important and should not be neglected.

Please ask yourself how you are doing with your physical well-being, your mental well-being, and your spiritual well-being. If you need to make improvements in any area, please choose ONE thing that you can start with. Make sure that your goals are based on behaviors you can control on a daily basis, and not results you may have little control over.