

# I LIKE TO MOVE IT, MOVE IT

So you think you can't dance to stay in shape? Yusrah Julius-Isaacs discovered otherwise



### HIP HOP

Ditch the boring old cardio equipment and start popping like Usher and dropping it low like Beyoncé – all the way to a healthier, fitter you.

'Our classes are fun and basic, with uncomplicated, easy-to-follow routines,' says Nicky Lewis of Dance4Fitness in Cape Town.

Each class is different but the emphasis is on making you feel comfortable in your own skin. 'By focusing on the moves and listening to the music you can forget about your weight, how you look, and your worries,' says Nicky. 'The energetic, contemporary music is an integral part of the classes, lightening the mood and energising your body.'

### BENEFITS

Hip hop helps you tone up and become more flexible, helps with weight loss and lifts your mood, thanks to the

serotonin your body releases while you're dancing. 'You'll shrink your waistline, burn kilojoules, improve circulation and boost your energy,' says Nicky. 'Dancing burns as many, if not more, kilojoules as traditional cardio exercise, such as running or doing aerobics.'

According to Lisa Labuschagne of Lisa's Health and Fitness in Joburg, dancing also develops core strength and good posture. It helps develop strong back, ab and pelvic floor muscles, and makes you more aware of your centre of balance.

### NIA

Short for Neuromuscular Integrative Action, Nia is an inner-body workout that tones the mind, body and spirit while offering a great cardiovascular session at the same time.

'It's a fusion of movement styles that is freer than any other dance-based exercise. You experience the expressiveness of dance, the explosive power of martial arts and the wisdom of the healing arts,' explains Nicky. The movements are quite similar to t'ai chi, tae kwon do and aikido, so guys can join in too!

### BENEFITS

Nia improves circulation and helps you tone up. The dance 'is a grounded approach to maximise body efficiency and teach you to consciously move in a gentler way,' says Nicky. 'Modern dance movements are mixed with heart-pumping karate kicks, subtle therapeutic suggestions and visualisation techniques to help you develop your awareness.'

### ZUMBA

'In one exhilarating hour you will experience the sizzling fusion of Latin footwork, crazy merengue, sexy salsa and cool reggaeton fuelled with hot Latino beats and rhythms,' says Nicky.

But don't let all those professional terms scare you – experience is not a prerequisite. Zumba is a fun workout for anyone, with uncomplicated steps. Just lace-up your most comfortable shoes, pull on your favourite workout clothes and bring an energetic mood. While the pace is quite fast, the class is broken up into intervals between songs, so you'll have time to socialise with other dancers and catch your breath if need be.

### BENEFITS

This Latin-inspired dance is a great core workout and has the potential to tone and reshape the whole body. The moves work your ab and back muscles, increasing strength and flexibility of the back and torso. 'Zumba increases your core strength and muscle flexibility,' says

Nicky 'but it's also a great cardio workout, increasing your heart rate, which helps burn fat.'

### USEFUL CONTACTS

- Dance4Fitness in Cape Town (Hip hop, Nia and Zumba) 021 674 3640, [www.dance4fitness.co.za](http://www.dance4fitness.co.za)
- Lisa's Health and Fitness in Joburg (Hip hop) 011 893 2651, [www.fitness4life.co.za](http://www.fitness4life.co.za)
- Nia Gauteng (Nia) 011 880 5223, [www.niagp.co.za](http://www.niagp.co.za)
- Virgin Active gyms countrywide (Zumba, Nia) [www.virginactive.co.za](http://www.virginactive.co.za)

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