

KIWA OHA NEWS

Kia ora, aloha, ohana nui



May 1 is Lei Day

May 2022 May is hypertension awareness month. With more than 15 million Canadians suffering from high blood pressure or hypertension, finding drug-free ways to lower your blood pressure is integral to living better and longer. We know exercise is good, but does type of exercise matter? In a single focus study of 3 fitness activities in 2020, yoga had the most significant impact on lowering blood pressure. Of the other two activities, Zumba® was #2, beating out traditional aerobic exercises. It was not surprising that yoga was #1, with its emphasis on relaxation and mindfulness; but it was proven that the Zumba® model for dance fitness [aka aerobic dance] is better than other aerobic activities. *More on the Zumba® “model” below.*

“MODEL” FITNESS The study mentioned above talks about the Zumba® model for dance fitness. What is the Zumba® model, and what makes it different? Some dance fitness classes are just songs the instructor likes, with no actual planning or structure. Some dance fitness classes are structured to teach components of a dance, then put them altogether at the end. Traditional aerobic classes are designed on a bell curve – you start with a warm-up of lower intensity, build to max intensity around halfway, and then the intensity decreases slowly until you reach the cooldown. Between the warm-up and cooldown, the Zumba® model varies intensity – a couple of faster songs, then a slower, faster, slower – which gives the class a dance party feel and allows you to work out longer before feeling fatigue; and the “fun factor” means you keep doing it.

OHANA We are ohana, a chosen family finding unity and harmony together.

LET'S PLAY The current playlist is coming up on the Kiwa Facebook page. #kiwaplays

MAY SCHEDULE The dance floor is open every Tuesday and Thursday at 10:30 a.m.

SUMMER'S COMING Due to heat considerations, I am looking for an outdoor venue.

HOUSEKEEPING

- Guarantee a spot with one of 8 monthly passes for only \$45.
- Email kiwadancefitness@gmail.com to register or sign-in.

Sherri

LAUGH . SING . DANCE . SWEAT

Kiwa dancefitness

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