

# Zumba Fanatics NEWS



Ditch the workout, join the party!  
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August 2011 Edition

## Let's Do It for the Kids!!

School Supply Drive benefitting the kids at Troy Elementary School!

Bring any form of school supplies to Wednesday night Zumba class or drop them off any time at the front desk of the rec center.

We will collect until the night of the donation to Troy Elementary—August 8, 2010.

Calling everyone in the community! Come dance the night away to help support your local schools that Monday night at 6pm.

### Some frequently asked Fitness Questions Answered:

#### 1. Should I lift Weights?

Check with your doctor. Lifting weights will not only help you lose weight but maintain the loss!

Here's why:

- ❖ Muscle keeps your metabolism revved up, burning calories, fat, and glucose (sugar).
- ❖ When you lose weight, up to 25% of the loss may come from muscle, resulting in a slower metabolism. Weightlifting will help preserve or rebuild any muscle you lose by dieting.
- ❖ Muscle helps you with aerobic exercise. The stronger you are, the better you will be at any aerobic activity.
- ❖ Weight training improves your body's muscle-to-fat ratio (you end up with less body fat and more muscle), which improves both your health and your fitness level.
- ❖ Gaining muscle will help you look better as you define and tone your physique.

#### 2. What exercises are better for weight loss?

- ❖ **Choose endurance activities** for weight loss such as jogging, aerobics, bicycling, rowing, or swimming.
- ❖ **Exercise at a moderately intense level.** You should be able to talk without running out of breath during the activity.
- ❖ **Exercise for more than 40 minutes.**
  - a. During the first 20 minutes, your body taps into your sugar reserves (carbohydrates stored as blood glucose & muscle glycogen). Between 20-40 min of exercise, the body continues to use up your sugar reserves & starts to tap into your body fat.
  - b. After 40 minutes the body starts to increase how much fat is burnt.

[www.webmd.com](http://www.webmd.com)

## Class Schedule

Monday at 6pm (multi-purpose room)

Wednesday at 6pm (multi-purpose room)

All First time Participants are **FREE!**

**\$5 for returning participants**

Don't forget to invite your friends out!

If you're not on your way to Zumba Class...  
you're going the wrong way!



## Fruit 'N' Oat Yogurt

### INGREDIENTS:

2 cups fat-free vanilla yogurt      undrained  
1 cup quick-cooking oats      1/2 cup slivered almonds,  
1 (8 ounce) can crushed      toasted  
pineapple,      2 medium firm bananas. sliced

### DIRECTIONS:

In a bowl, combine the yogurt, oats, pineapple and almonds; cover and refrigerate overnight. Serve with sliced bananas.

### Contact Information

Michele Crews- 334 685 7341

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Location:

Troy Parks and Rec center-

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