

# Women's health & fitness

UAE

## Summer FITNESS SPECIAL

- ✓ Easy at-home workouts
- ✓ Yoga for beginners
- ✓ Get the perfect dancer's body

## GLORIOUSLY GLUTEN-FREE

Substitution  
made easy

## 8 TIPS FOR A HEALTHY Ramadan

## STRAPPED FOR CASH?

How to plan a  
health budget

Who's  
caught  
looking  
good this  
month?  
p.42

## BRIDE-TO-BE BOOT CAMP

Look gorgeous  
on your  
special day

## MAKE NO MISTAKE

Personal  
training  
no-nos

## EXERCISING ON THE GO

No more excuses

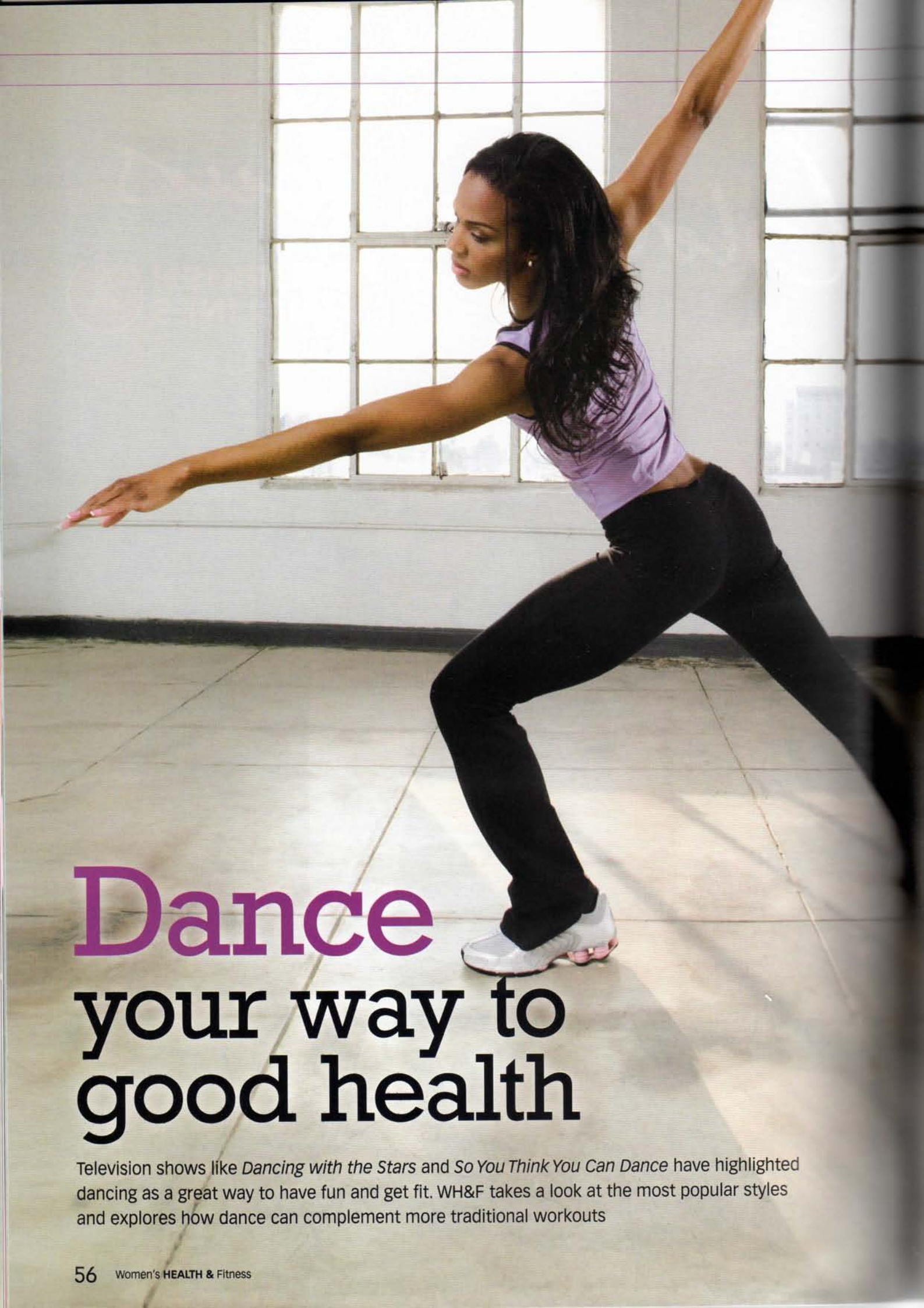
## ELIMINATE FAT DAYS

We show you how

## PREGNANCY & FITNESS

Gentle exercise ideas





# Dance your way to good health

Television shows like *Dancing with the Stars* and *So You Think You Can Dance* have highlighted dancing as a great way to have fun and get fit. WH&F takes a look at the most popular styles and explores how dance can complement more traditional workouts

In recent years dancing has emerged as a popular entertainment trend, with dance shows and competitions bombarding prime time television.

But dancing is much more than a reality TV sensation – it can also lead to extreme body transformations and weight loss.

As waves of celebrities took to the dance floor in *Dancing with the Stars*, it didn't take long for viewers to notice the gradual but noticeable changes many celebrities experienced in overall body tone and fitness.

Dancing especially Latin or ballroom engages all body muscles where the arms and upper body are working, moving around yet in position while hips and legs are twisting, resulting with a total body workout, says Mr. safwat Gerges, General Manager, and Franchisee of Arthur Murray Dance Center in the UAE.

When combined with more traditional workouts and a healthy eating plan, dance may be just the thing you're looking for to amp up your fitness regime to achieve a long, lean dancer's body.

"Dancing has become so popular that it is not only used for social dancing where people can enjoy the fun elements of dancing to music, but is now used for competitive hobby dancing, better known as Dance Sport. Because Ballroom dancing is a rigorous activity with physical challenges it has recently been provisionally recognized by the International Olympic Committee as a true athletic activity and to be considered as an olympic Sport for the next games," added Mr. Gerges.

When planning your exercise routine, it's important to find something you can stick with and enjoy. That's why dance is so great, because it allows you to work out while having fun at the same time.

So what is the best way to make dance work for you? Let's take a look at some of the most popular dance styles for weight loss.

### Salsa

Originating in Latin America, this upbeat and sensual dance style combines aerobic exercise with muscle stimulation.

Salsa has the potential to burn over 400 calories per hour, without the risk of joint injuries that come with more high impact sports, such as jogging.

Salsa is one of the most popular styles of dance for weight loss, and will tone and tighten your legs, bum and hips.

Another great advantage is its ability to increase strength and muscle tone without creating bulky muscles.

Salsa burns calories and assists weight loss because of its cardio component,

The unique style of salsa dancing means you engage a full range of muscles, including your core.

The constant twisting and turning stimulates your abdominal muscles and obliques, which can lead to a more toned mid-section.

There are a broad range of salsa classes to choose from – just do an Internet search to find a list of the studios closest to you.

### Bollywood

Bollywood dancing is a funky fusion of Indian folk and contemporary Latin.

Bollywood techniques are highly energetic and animated, and will get even the fittest heart rates pumping.

The technique incorporates a lot of precise leg and waist movements, making it an ideal choice for those wishing to tone their legs, bum and obliques.

Although Bollywood dancing is relatively new to the fitness scene, there are

an increasing number of Bollywood classes popping up around the UAE.

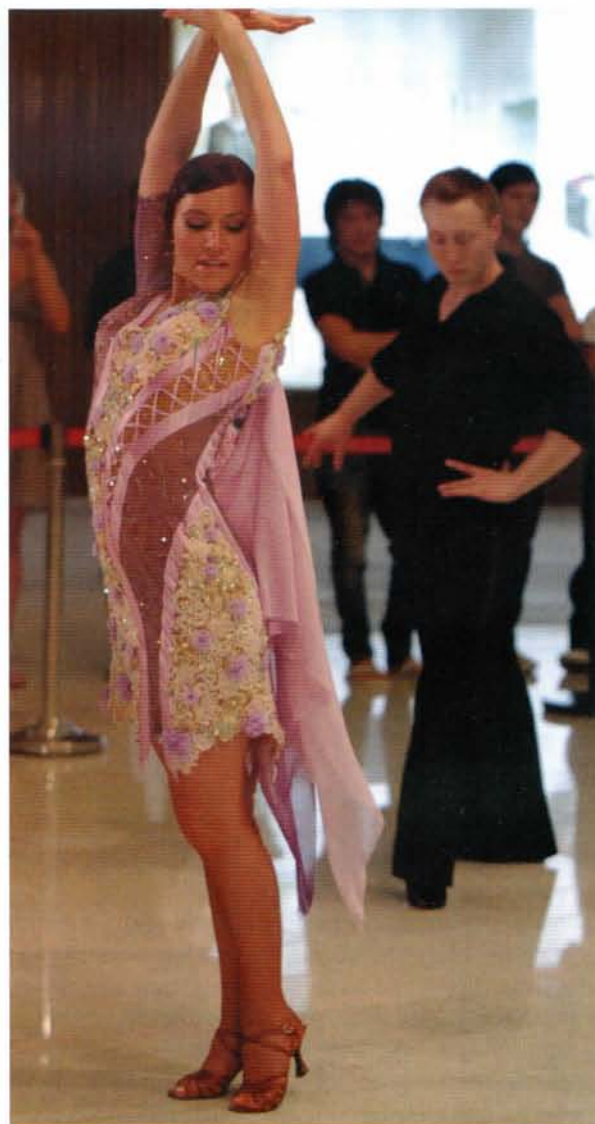
But for those who may want to try Bollywood dancing in the comfort of their own home, there is also a growing variety of instructional DVDs to choose from.

### Ballroom

To the untrained eye, ballroom dancing can look smooth but lacking in the cardio aspects of other dance styles; however, looks can be deceiving.

The vast repertoire of moves in ballroom dancing will increase your core strength, balance and flexibility, and have you working up a sweat.

Also, by moving backwards in some dance routines, you are able to target a whole new group of muscles – for example, those in your bum and thighs – that aren't usually stimulated through jogging or walking alone.





Ballroom dancing is also a weight-bearing exercise, which is essential for improving bone strength and density – especially as we get older.

Another great health benefit that comes with group/couple dancing classes is their ability to increase your social circle by helping you to meet new people. And it also proves to be a great bonding activity for couples looking to add some zest into their daily routine.

### Bodyjam and Zumba

If you're a member of a gym, then chances are you've heard of Bodyjam. This effective and energised exercise concept was created by Les Mills – a retired Olympian who went on to create a range of group fitness-to-music classes.

Bodyjam has taken the country by storm and is now a mainstay on gym timetables across the nation.

The workout combines loud music with the latest contemporary dance moves to create an intense cardio workout that burns calories and improves fitness.

Zumba is another great new addition to gym classes around the world, and uses Latin beats to create an intense workout that can be modified to suit all fitness levels.

The music is similar to interval training so it constantly motivates you to keep going. Just when you think you can't keep going, it slows down, you catch your breath and it cranks up again.

If you're relatively new to dancing, Bodyjam or Zumba may be a great option because their choreography is simple but effective, with instructors on hand to help you get the most out of every workout.

### TIP

Call your local gym to find out if dance classes are offered

People have re-invented their bodies through these classes, but the great thing is they do it smiling all the way.

Call your local gym to find out if they offer Bodyjam or Zumba classes – it may be just the thing you need to tone those wobbly bits and improve your fitness!

### Dancing for a better body and mind

As with most forms of exercise, in order to lose weight you should aim to dance for a minimum of 30 minutes a day, five to seven days a week.

It's important to sustain your workout for at least 30 minutes to ensure your body can start burning stored fat as fuel.

But while work and family commitments may make it hard to fit in five dance classes a week, don't despair! It's still possible to see the benefits of dance when combined with

other forms of activity.

By combining a few dance sessions a week with another form of moderate exercise, such as jogging, you may still be able to reap the benefits of dance without interrupting your schedule.

Also, for those who are only looking to maintain their fitness, two or three dance classes a week may be all it takes to keep you looking and feeling great.

So what are you waiting for? Dance is a great way to promote total health for the mind and body, and with an endless array of options, you're sure to find the perfect dance style to suit your needs.

According to renowned UAE dance choreographer Sharmila Kamte, dance is a wonderful way of keeping fit. "Dance to me is a way of life. There are so many forms of dance but I believe that every single one of them brings not only joy to the individual but allows them to escape from their day-to-day problems. Dance has personally kept me fit mentally, spiritually and of course physically. Mentally as you have to stay focused and keep a sharp mind to be

able to create and learn choreography. Spiritually, as it makes you smile and allows you to be self-aware and also makes it possible to enter an artistic zone where it's okay to make mistakes. At the same time being aware and considerate of other people sharing the experience with you in that studio. Physically, dance keeps you strong, flexible and coordinated," says sharmila. \*



Sharmila Kamte