



Pic of Berto Perez, 40 years old, Creator of Zumba
At the Filex Convention 2011, more below

BBQ & Party Tips

What's good to barbeque? Un-marinated: lean steak, chicken, kangaroo sausage, fish, prawns and vegetables. Wrap fish and prawns in foil so they don't dry out on the bbq. Salt, pepper and lemon juice will give them a wonderful flavor. Going un-marinated will teach you new seasoning skills thereby controlling the amount of fat that goes into your meat before you even start cooking.

Stay away from cheese and bread at parties. These two items contribute most to your waist line. Stick with salads and fruit. Take a vegetable bowl to parties instead of chips and stay in control of what you eat.

Replace Coke with Soda water or add Soda water to half a glass of wine and have two glasses with the same calorie content as one normal glass. Drink slow and drink a glass of water in-between drinks.

Challenge: - Have an alcohol free month in November and check your scales, they will make you smile. If you're serious about weight loss, stop drinking alcohol until you reach your goal.

If you have to have desert, have one or two spoons full.

Your Zumba body, is it possible?

It's easier than you think. All you need is this:

- **Vision** of how you want to look
- Positive thinking and a **"Can do"** attitude
- **Action**. Take it and make it happen
- **Daily priority**, most days of the week
- Form a **habit** and give it **time**
- **Shock and stimulate** those muscles

If you are attending my Monday and/or Wednesday Zumba class you are already on your way to achieving a fitness goal and working on that Zumba body. Well done. You have taken action and control of your life and your body. This new habit will have loads of health benefits as well as a sculpting waist line effect, not to speak about the fun class.

You might also be doing additional personal training with me or considering to start. This will add another dimension to your training and body conditioning. Your muscles want and need to be shocked and stimulated with various types of exercise. Very different but keep an open mind as it's so rewarding if you stick to it. It will show and you will look and feel great.

Now that you are forming new habits you are well on your way. All you need to do is find a few more on the other days of the week. Here are a more ideas to kick start your Zumba body:

- For 1 hour every week, go walking with your girl or boyfriend (and kids on their bikes) and have a great chat while you work out. Your kids will sleep well that night.
- Hire an exercise or dance dvd at the library and learn new moves
- Bounce on the trampoline in the back yard
- On weekends go to the pool and do deep water running, it burns almost as many calories as a jog on dry land.
- Build muscle and turn your body into a fat loss machine with group personal training. (at Bray Park on Tuesday nights with me)
- Buy a stationary bike and watch television while you pedal.
- Do a garden and house clean up before Christmas.

Remember: Choose activities you like and do it 4-5 days a week with people you love. When you do it long enough your body will repay you with beautiful defined muscles, great health, leanness, strength and energy.

www.betabalance.net.au



What I've been up too in 2011

- Filex Fitness Convention
- Zumba in the park at Indooroopilly – February till March
- Zumba in the Circuit at Curves Kenmore - February
- Zumba at Southbank Tafe Gym – Ongoing



- Southbank Tafe Photo Shoot
- Zumba in The Gap – till June
- Zumba at Bray Park Community Church – February ongoing
- Zumba at the Women's Retreat at Mapleton – August
- Personal training at Bray Park
- Bridge to Brisbane – September
- Zumba in the Park at Jindalee - October

Future Events

- **Fitness Retreat in March 2012**
(Watch this space for more details)



Nicole Cornes going for it at the Bray Park Community Church Women's Retreat

How Zumba found me

I started searching for Zumba in the beginning of 2009 after I saw my friend (in America) in photos on facebook with awesome outfits, doing all kinds of weird moves and poses. It looked like heaps of fun and I had to find out more. I couldn't find any Zumba classes in Brisbane and was very disappointed. I did however find a Zumba instructor in Noosa and in New Zealand. Shortly after our phone call, the instructor in New Zealand invited me to Sydney. Without thinking I booked a flight and flew to Sydney only to realize that I've actually signed up for Zumba Basic 1 Instructors training. It was an exhilarating, crazy day and I could barely walk at 6pm when I left the Gym with my certificate in hand. I was buzzing from excitement and told my husband that this was going to change fitness in Australia.

Back in Brisbane I had to train hard to learn all the new dance moves and after two months and prompting from a lady in Kenmore I found a hall and taught my first class. In February 2010 I flew to Sydney and got certified for Zumba Basic 2 only to learn that we were expected to have a Certificate III in Fitness. Having always had a passion for fitness, I made the decision to change my career to get a better lifestyle and do something I love. I enrolled at Southbank Institute of Technology and studied certificate III and IV the rest of the year, qualifying as a Personal Trainer. By end of the year, the Gym Manager at the School asked me to start teaching Zumba and I was back into it. This time it was just awesome as I now had a fitness background.

At the start of 2011 at the Filex Fitness Convention I met Beto Perez (the creator of Zumba) and did Zumba with him. I was so happy and vowed to try and achieve the same level of excitement at my classes.

Personally, I've met amazing woman and men of all ages and races and some even became my best friends. I love touching people's lives in a positive way, not just physically by improving their health but also emotionally. I feel that I am adding value to people's lives which make every hour of training and teaching worth it. I feel good in my skin when I do Zumba and can really be myself. Zumba makes me happy. The colorful clothes and Latin music are therapy for my soul. I thank God that I can teach Zumba and hope to be doing it for a long time.

Zumba in the park at 17 Mile Rocks, Jindalee



Kylie Williams, Gabby Metson, Annakie & Yolandi Westerman working hard in the new Wednesday night class

Fun at 2011 Bridge to Brisbane



Incredible Estie Wolmarans trading her Zumba shoes for running shoes



A big
“THANK
YOU” to
Bray Park
Community
Church for
their ongoing
support.

