

The Ripple Effect Diet

... feel how good health looks on you!

Why I'm Totally Hooked On Zumba!

When was the last time you had FUN while working out?

I've been teaching fitness classes for over 20 years and have taught just about every type of group exercise class under the sun, but Zumba is a workout unlike any other I've ever done before. Needless to say I am completely hooked and I haven't had this much fun exercising in YEARS!

People always ask me what Zumba is and then they usually tell me they could never do Zumba because they "don't dance". Well I always say, if you like good music and enjoy having a good time at a wedding with a really rockin' band in a fun, party atmosphere, then you'll love Zumba and that's all you need to know.

Zumba® fuses fun Latin rhythms and basic, easy to follow dance moves to create a very dynamic and unique fitness program that will blow you away.

This is a workout unlike any other you've ever done before. Whether you've never taken a group exercise class before and need some inspiration to start, or if you're a seasoned veteran and need something fresh and exciting to add some life back into your routine, you will have an absolute blast in this exhilarating hour of fat-burning, body-energizing and core-chiseling FUN that's simply disguised as a workout!

Inspired by all forms of dance and featuring music that'll make you want to move, smile and just plain feel good, you'll never be bored as no two classes are ever the same. The routines feature cardio interval training where fast and slow rhythms, and sometimes resistance training are combined to tone and sculpt your body while burning mega-calories and fat. Add some Latin flavor and international zest into the mix and you've got Zumba®!

I hope to see YOU at one of my classes soon. Couldn't you use some more fun in your life? Ditch the workout and join the party today!

Amy Fournier Constantino is a holistic health and nutrition consultant and lifestyle coach. She is available for speaking engagements, workshops, media opportunities, group exercise classes and private consultation. To learn more about Amy or to contact her, please visit: www.therippleeffectdiet.com, email: therippleeffect@aol.com or call: 978-500-8943.

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