And 1, 2, 1,2,3,4... Left, right, left, right. Surely you must have heard this before, as a child, during exercise time and after the flag ceremony. During the old times, it is called Exercise. After some years, the trend changed into a more upbeat, funny, and enjoyable type of movements which still promise to help our body to be healthy, vigorous, and active, the so-called Aerobics exercise.

Aerobics as defined in Merriam-Webster dictionary is a system of physical conditioning intended to improve the body’s ability to take in and use oxygen. Mainly, this focuses on your cardiovascular system. A lot of people enjoyed this type of exercise, and many are still doing it. However, as more and more trends come up nowadays another form of exercise hits our society.

Zumba, a sort of modified aerobic exercise is more danceable. This targets the whole body all at one time. More movements, more steps, a lot of beats, starting from soft slow music for the warm up, to a more danceable tune for the Zumba proper. It is dancing and exercising in one. Many women favor this kind of exercise. Young ladies to mommies, even those young at heart are hooked into this type of dance exercise as it does not only make you sweat. Along with proper diet, it may help you lose weight too not to mention, the camaraderie of being with the ladies of your same circle, all wearing colorful, sexy, cutie, and flashy outfits.

An hour or two of being with your own circle surely does a lot to a working woman, to a stressed-out Mom, even to a lonely Granny. Zumba is a dance for all. Good or not so good moves, as long as you're enjoying their exercise that is still selling like a hot pancake after
It was introduced way back in 1990. For others, it is simply a form of exercise. For some it has become their self-expression. For whatever it’s worth, Zumba is life.

References:

https://www.merriam-webster.com/dictionary/aerobics