

Kolej CD Zumba Towards a Wellness Community

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FRIDAY, 02 MAY – Despite the increase in public awareness nowadays on the importance of health, there are still individuals who do not practice it.

The weight gain problem caused by the accumulation of fat has become common particularly among middle-aged women.

Thus, Residential College Cemerlang Dinamik (Kolej CD), Universiti Malaysia Sabah (UMS) recently organised a Zumba Programme and a talk on Health Care for the residential undergrads.

According to a statement released by the college, the organisation of the programme was held for the first time which emphasised on the aspect of fitness among undergrads of Kolej CD.

The statement added that zumba fitness dance routine emphasised on fitness and health according to the rhythm of the dance mix of salsa, mambo, Latin hip-hop where each session would be able to burn between 500-1000 calories (45-60 minutes).

The Zumba Programme and Health Care talks facilitated about 60 participants to be more aware of their health and fitness.

The session which lasted over an hour was conducted by Herba Life, Shariffah Hazariah assisted by several members of the group. – *ZMD (fl)*

Source : Kolej CD

Media and Citra Division
Chancellery Department