

Newsletter No. 4

Winter newsletter

What we uncover in this e-newsletter:

1. Zumba® - July Special
2. Zumbatomic® for kids – free class
3. Term 3 dates – kids dance classes
4. For a healthier life – is it diet or exercise?
5. Nutrition – Finding healthy foods
6. Request for Testimonials

1. ZUMBA CLASS INFO



Zumba® is a great way to workout this winter! We now have a variety of class times available – check out the timetable available at:

www.dancealicious.com.au

JULY SPECIAL: for 2 weeks only from **Tuesday 13th July – Saturday 24th July** introduce a friend to the class YOU attend, and YOU dance for **FREE!**

2. ZUMBATIC® – for kids

Zumbatomic® is a program based on the ZUMBA Fitness concept specifically designed for children. It combines dance, music, and exercise to create a program suitable for all children - all ages, all abilities. The 8-12yrs age group is known as **ZUMBATIC Big Starz**. The music and moves are 100% KID FRIENDLY.

Class consists of: warm-up, routine/dance, lots of dance-fitness games, cool down & stretch.

FREE TRIAL CLASS SATURDAY 24th JULY @ 9:30am (8-12yrs) to register please contact the studio – PH| 0424 659 086
E| info@dancealicious.com.au

3. TERM 3 DATES – Kids

Pre-dance classes (for under5's) will recommence on **Saturday 24th July**. Class start time remains the same at 10:15am. This is a 45mins class. Please note there will be 9weeks in Term 3. The goal for Term 3 is to learn and perform a routine combining Jazz, Hip Hop, and Ballet. Fingers-crossed!!

*****Saturday ZUMBA** – please be aware that the Pre-dance class (Under5s) is before yours. To avoid distractions, I ask that you do not enter the studio before **11am**. The door will be locked until this time.

4. For a healthier life – is it diet or exercise?

I recently read an article in Women's Health Magazine which looked at Diet vs. Exercise. The article looked at 6 scenarios and discussed the effectiveness of diet and/or exercise in each. Here is a summary:

To lose weight: Diet – because it is easier (for most) to cut out 500cals per day than it is to find time to burn it off with exercise.

To boost energy: Exercise – exercise produces 'happy hormones' like dopamine & norepinephrine. In a series of studies it was reported that people who trained consistently felt 'surges in energy'.

Reduce risk of heart disease: Diet – according to William Harris (PhD - Cardiovascular Heart Research Centre) one nutrient proven to reduce the risk of heart disease is omega-3 fatty acids. Exercise is important because it strengthens the cardiovascular system.

Prevent Diabetes: Exercise – Active muscles use glucose from the blood for fuel thus stabilising blood-sugar levels.

Prevent Cancer – Both diet & exercise – Eating a mostly plant-based diet & exercising regularly remain the gold standard.

Improve mood – Exercise – a 20-minute sweat session can be enough to perk your mood for up to 12hrs! It has been found to be effective in the treatment of depression in some people. Exercise can lead to changes in the brain that strengthen your resolve against stress.

5. Finding healthy foods:

With all the food packaging how are we supposed to know what is 'healthy' and what is not? Well there is always the nutrition panel (found on the back of most packaging) but who knows how to read that!! Below is a table that hopefully guides you on what to look for on nutrition panels.

Healthy Foods: Checking the nutrition panel	
Nutrient	Per 100g*
Fat -Total	Aim for less than 10g per 100g Milk & Yoghurt – aim for less than 2g per 100g Oils & margarines are all high in total fat (more than 10g/100g) choose polyunsaturated (e.g. sunflower) & monounsaturated (e.g. canola, olive) varieties
-Saturated (e.g. full fat dairy)	Aim for as low as possible
-Trans (e.g. processed small goods)	Aim for as low as possible For margarines, aim for less than 1g/100g
Carbohydrate -sugars	Aim for less than 10g/100g For foods containing fruit, aim for less than 25g/100g
Dietary Fibre	For breads & cereals, aim for more than 5g/100g (rec. Daily intake for fibre is 30g)
Sodium	Aim for less than 400mg per 100g and if possible less than 120mg. Look for 'no added salt', 'salt reduced', and 'low salt' labels
*Remember to look at 'per 100g' not 'per serve' column	

6. Request for testimonials

I am looking at adding a testimonials page to the Dance-a-licious website to encompass any or all of the following:

- Zumba
- Pre-dance
- Personal Training
- Yoga Dance

I would love to have your feedback on any of the classes/sessions we run at Dance-a-licious! Please send me your testimonial via email.

Please direct all enquiries to:

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