

Zumba

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By Dan Young



THINGS TO CONSIDER

When taking this high energy, seemingly non-stop Zumba Class, the muscles rely on all three energy systems to supply the necessary energy needed to perform at peak efficiency, specifically the Immediate, Glycolytic and Oxidative energy systems. The amount that your body depends on these systems is 10-30-60% respectively.

Why is this important to understand? Well, how your body pulls the energy it needs at specific times is directly related to the diet you eat and when you eat it. You can very easily submarine your efforts by eating too much fat or too little carbohydrate. Carbohydrates are stored in your muscles as glycogen and it must be present in order for you to use

the Oxidative energy system. In other words, you need glycogen present in order to burn fat.

So, if this activity is a regular component of your workout regime, then 55% of your daily calories should come from low-glycemic carbohydrates, 25% from protein and 20% from healthy fats.

RULES TO FOLLOW:

- Consume low-Glycemic-index foods about 2-3 hours before your workout and every 2-3 hours throughout the day.
- Drink plenty of water. Not only will this practice reduce your chances of becoming dehydrated, but every ounce of glycogen that is stored within the muscles needs 3 ounces of water stored along with it. Therefore, remaining hydrated will also help prevent weakened muscle contractions.
- Keep your fat intake to 20% or lower. Large amounts of fat will cause you to lose minerals through frequent urination.
- Drink a High-Glycemic Recovery Shake within 30 minutes of finishing a class to optimize glycogen replenishment and the rehydration of the cells within your muscles. This should be 3-1, carb vs protein.

DID YOU KNOW THAT ZUMBA CAN LOWER YOUR IMMUNE SYSTEM?

When you workout, especially cardio, you build more natural virus-killing cells

in the body; however, you also produce more free radicals from the oxygen consumed during the same period. These free radicals can quickly hamper your recovery and any gains you've made in the gym. They can also lower your immune system and make you sick. That's one reason why you need to recover quickly post workout with proper nutrition.

DID YOU KNOW THAT ZUMBA CAN MAKE YOU FAT?

True story! Since you are burning 30% of you calories from glycogen, it is conceivable that much or all of your glycogen can be depleted during a 60 minute class throwing your body into a catabolic (muscle wasting) state. Most people just drink water post class, but water does not provide the needed calories to maintain a heightened metabolic state and to keep your body in an anabolic (muscle building) state. The secret to burning fat is keeping muscle.



Eat well and remember, you are what your food eats!

Dan Young is President and CEO of Performance Food Centers, Corp. He is certified in personal training, sports nutrition and is a triathlete. He has competed in Body Building as well as Endurance Sports Activities. Accomplished in juice bar concept and design, he applies this knowledge to whole-foods nutrition and the efficiency to serving them.