



Zumba Gold

Administrator:

Ms. Dana Runager

River City Care & Rehabilitation Center

1350 14th Avenue SE

Decatur, Alabama 35601

(256) 355-6911

Zumba is a dance fitness program that takes exercising to a whole new level. The program is inspired by Latin dance and aerobic elements and comes from a Colombian word that means to move fast and have fun. Now there is Zumba Gold. Zumba Gold has been modified from the old Zumba program. The new moves give people a better chance for success and increased safety, and can be done from a chair if needed.

Exercising can be a challenge for us all, but being an elderly person with physical disabilities it becomes more than a challenge. Inactivity increases with age, by the age of 75 only about one in three men and one in two women engage in physical activity. Becoming less active during aging is the cause of loss in strength and stamina. Zumba Gold can improve one's muscle strength, posture, mobility and coordination. Older adults can benefit from regular physical activity. Physical activity does not have to be strenuous. As most of us know long term facilities have a lot of residents who are wheel chair bound and we are constantly searching for exercise programs to meet resident's capabilities. We are also seeing a younger generation coming into our facilities and in order to meet their needs and appeal to their desires, we look beyond sit-down dancing.

The idea came when the Activity Director asked for funding to provide the class to the residents. Administration thought it would be a good idea to involve employees from the entire facility to join. Hoping to improve staff burnout and improve turnover by engaging the staff with the residents in an unconventional manner.

When the music starts it draws everyone to the activity room and before you know it, you are totally involved. Proponents of Zumba Gold claim that it is safe for all ages and is so easy to follow that everyone any age can do it. At our facility we are also offering Zumba Gold classes for employees only two times a month for our staff as a time to get together socialize while benefiting from exercising and reducing stress to those staff who can't j during the resident sessions.

Zumba improves balance, coordination, motor control and performance also helps weight control or weight loss. The psychological benefit of Zumba can enhance self-esteem, relaxation; reduce depression, stress and anxiety. It also increases opportunities for social interaction and to dance and have fun. The Zumba Gold program is specifically aimed at the elderly people to help them build strength improve motion and posture.

The challenges we face are getting our resident and employees interested in the program, once they are there it is no problem getting them involved. The other obstacle we may face is working around the schedule of the Zumba instructor and keeping the cost within budget. The cost to provide this Best Practice both Zumba Gold for our residents/staff twice a month and Zumba classes for staff only is around \$160.00.