

A workout that  
benefits body,  
mind and soul.

BY PATRICIA CARROLL

# Z-BoxFitness®

Debbie and Donna Lim, who are identical twins, have been in the fitness industry for more than 30 years. Although they were both strongly grounded in aerobics, weight training and dance, Donna discovered yoga and meditation, while Debbie found boxing and T'ai Chi. When they combined their techniques at a class on a whim, Z-Box Fitness® was born. The program is a combination of cardio boxing and dance-style movements and includes resistance training techniques. As children, the Lims watched their grandfather practice T'ai Chi each morning and decided to incorporate some of the techniques and design a Zen relaxation and stretching program of their own, resulting in moves that benefit the body, mind and soul. Almost every muscle becomes involved in each session.

After that initial class, the Lims felt they had a great new program that would benefit their students. And the feedback was amazing...students reported losing weight fast with Z-Box and some said they loved the Zen at the end of class because it helped them relax when they got home. The name Z-Box Fitness fit perfectly. As interest started to grow, the sisters decided to launch it nationwide and share this class format with other professionals.

The Z-Box Fitness technique utilizes intermittent training by varying intensity bursts of exercise (fun/dance moves) with decreased intensity recovery periods. This workout style has incredible advantages: It is a quick way to get fit, lose fat and supercharge for optimal fitness. The classes utilize interval training and are structured to increase stamina. Interval training allows you to build up training intensity without overtraining or burn-out, which helps prevent injuries. Adding dance tracks and us-

ing easy-to-follow choreography increases fun and excitement and breaks the monotony of a structured fitness class.

Incorporating a workout routine on a regular basis increases vitality, energy level, mental outlook and, most importantly, overall health. The problem is workout routines imply just that...work! The solution is in order to have a good workout, you must enjoy it.

Zen is calming, relaxing, breathing techniques and fluent movements that mimic T'ai Chi. When doing Zen, participants are encouraged to take their time, relax and breathe through the moves—feel the music and enjoy the movement.

Instructors' workshops are now being scheduled to help the instructors gain knowledge and experience in creating many different styles of teaching within one class. Instructors will learn basic self-defense techniques. However, this workshop is not intended to teach self-defense to you or your students. The moves in the cardio boxing portion are those used in martial arts or professional boxing.

Z-Box Fitness Instructors are required to have group instructor experience. It is also helpful for them to enjoy cardio boxing and dance. Do not think that all group fitness instructors are perfectly thin and fit. Instructors come in many shapes and sizes. And, many clients feel more comfortable with an instructor with natural curves.

Chiropractor Dr. Anthony Arena will be teaching at the workshops. He presents the safety factor so that instructors can keep their students within safe boundaries during all classes.

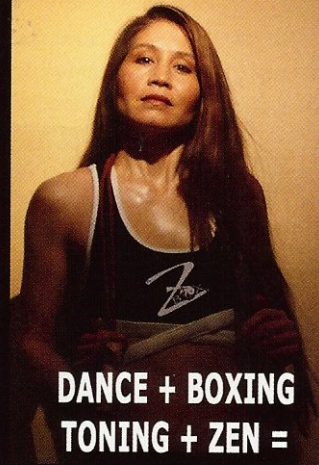
The Lims take great pride in their new program and feel many people will benefit in health, body and mind. In Z-Box Fitness,

several different worlds have been blended together, creating a complete body and mind workout. For more information, visit [www.z-boxfitness.com](http://www.z-boxfitness.com). AF

PATRICIA CARROLL is a freelance writer who began her career as a proofreader and social editor for a small local newspaper. Although a grandmother of six and great-grandmother of three, she has recently begun a fitness and nutrition program, resulting in the loss of 64 pounds. Her fitness quest has led to her discovery of the Z-Box program.

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