

Sweat it Out

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Abstract

A qualitative study that looks into the physical, social, mental, and emotional health of Zumba devotees. The snowball technique was used to choose ten participants from Iloilo City and Leganes, Iloilo, utilizing a purposive sample strategy based on constructionism and interpretivism theories. Data from an in-depth interview were used as a reference for considerable and more profound research. Results demonstrated that the participants received a healthy lifestyle from Zumba, supported by their belief that "Zumba is Life." In addition, the participants emphasized their enthusiasm for good physical health as their primary motivation for taking part in Zumba. In addition to their affirmation of pleasure on the emotional side, they also gained mental calm, and ongoing unity and gregariousness developed. It is advised that a thorough analysis be conducted to provide more information and determine whether Zumba has contributed positively to the participants' well-being.

Keywords: Enthusiasts, Health, Sweat Out, Wellness, Zumba

Introduction

In today's busy world, people are always looking for a way to adapt so they have time to get in shape and blow off some steam. As experienced and observed in the past, several physical activities conducted by his, her, etc. gym/exercise instructors failed, and only a few people continued to do them religiously. One of the reasons some instructors fail in their program is because of its unattractive exercise routine. The report of Orenstein (2012) on exercise says that "Even if you love to exercise, doing the same routine week in and week out can get boring. To help keep you on track, it is a good idea to change something about your exercise routine every four to six weeks to avoid boredom." Florez (2012), as cited by Orenstein (2012), supported this claim: "Almost every time we see clients feel bored, it is because they are not varying their exercise routines

enough." Sherkat, M. (2015) added that women associated other fitness forms with negative characteristics, describing them as boring, stressful, painful, lonely, and involving awkward movements.

Literature Review

2.1. Define Zumba, the history of Zumba

Luetttgen et al. (2012) estimated that more than 12 million people worldwide participate in the Latin dance-inspired workout provided at 110,000 locations by certified Zumba instructors.

The name Zumba, which translates to "buzz like a bee and move rapidly" in Spanish, is appropriate and memorable for what is currently one of the most well-liked group exercise sessions on the planet.

According to Heid (2017), "Zumba was unintentionally created in the 1960s when Alberto "Beto" Perez, a famous personal trainer, realized he had not brought his customary workout music to class, so he took some Latin music from his car, abandoned the rules of typical workout, and danced like he would at a club. His class followed along, sweating to the Salsa, Rumba, and Merengue beats, and he loved it. Porcari (2012) states, "A Zumba class is like any other instructor-led workout, but with simple dance moves heavy on the hips and step counts. Those moves add up to a decent sweat." In 2011, Emma Satchell, known as the nation's Zumba Queen, brought Zumba to the Philippines after it had gained popularity in other continents during its formative years.

Zumba is well-known among other exercise routines because of something that sets it apart from the rest. The rhythms are part of this. Latin music with quick beats and South American melodies makes up the very essence of Zumba and creates an intensive, brisk, and fun workout. Even newcomers and naturally reserved people find it difficult to resist joining in when there is Zumba music playing.

2.2. Benefits of Zumba

2.2.1. Physical

For the physical, "*enhancing health in and out*" talks about the condition of the body's internal parts and the physical appearance or the exterior looks. This code is strengthened by the three concepts, such as *developing endurance*, which shows how to achieve optimal stamina to race your best in situations you may encounter daily, such as working and doing chores without getting fatigued and still having time to go to church and work at night shift. The participants claimed that *boosting cardiovascular health* showed how Zumba gradually lowered blood pressure, ischemia, sugar, and cholesterol and *enhanced bodily aesthetics*, contextualized by improving body shape and developing pleasing body contour because of losing weight and muscle firming.

2.2.2. *Mental*

For the mental aspect, the code, which is "*mental relaxation and satisfaction*," is supported by the two concepts such as "*developing mental alertness*" and "*mental stress relieving*." *Developing mental alertness*." Daily exercise unlocks the secret to memory, attention, and mental alertness from brain chemicals. One can sometimes experience episodic lapses of forgetting due to pre-menopausal or old age. Zumba significantly improves mental capacity and is also a big help in feeling alert and active, always are some of the participants' remarks. *Mental stress relieving is discussed as it can be very frustrating for one to get out of touch with his/her thoughts. However, an exercise that encourages new brain cells to be generated can help lower stress. This concept is backed up by escaping from problems, relaxing the mind, losing stress, relieving stress, and thinking positively. Thus, mingling with Zumba mates is one factor that makes all participants happy and stress-free; it helps in decision-making and a more focused mind.*

2.2.3. *Emotional*

For the emotional aspect, the code, "*expressing happiness and satisfaction*," is reinforced by the four concepts: embracing enjoyment, getting rid of worries, overcoming shyness, and having self-improvement. In "*Embracing enjoyment*," one can get pleasure from Zumba, which is worth the benefits one can get while doing it. This aspect is anchored on the answers given by the participants, such as "While doing Zumba, I always smile, and I am happy." Some of the participants' comments include a cheerful disposition, not easily angry, and feeling free from the problem. She always smiles while doing Zumba, especially since the venue is in City Mall, where shoppers glance at them when they pass by. Rose shares that because her endurance is high and stress-free, she does not quickly get angry. Jo enjoys sweating out and is happy to be with the group.

Furthermore, Rose Mary said that she was not a dancer before and did not like dancing, but now whenever she hears music, she wiggles and feels free from problems. *Getting rid of worries* is to get rid of an unlikely situation. One needs to deal with what is achievable and set aside the rest. Trusting oneself to make the right choice will help one achieve a positive outcome. *Overcoming shyness* as one concept is tough to achieve, especially for those who isolate themselves from people. Doing Zumba in a Mall or Plaza where many people are watching makes a person tense or awkward. One participant said that she became courageous because of Zumba. "*Having self-improvement*." This improvement is an excellent achievement that Zumba could offer so much in a person's development "*that when doing Zumba, you also exercise your heart; it helps you in your physical and mental aspect and to yourself*."

2.2.4. Social Well-being

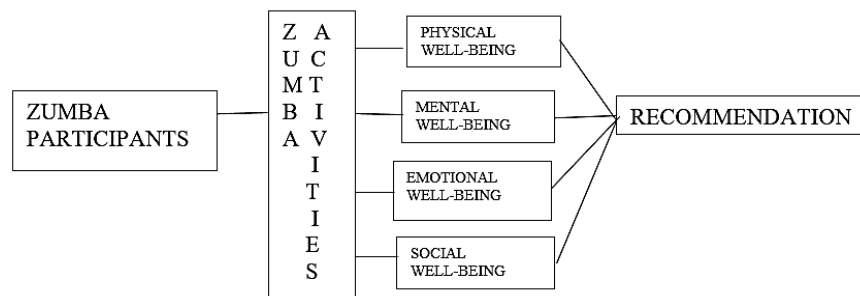
For the social aspect, the code, which is being gregarious, is strengthened by the six concepts: adjusting with the group, showing self-confidence, boosting self-confidence, gaining more friends, meeting new friends, and gaining acquaintances. *"Adjusting with the group."* The more you adjust, your energies will increase, and your weaknesses will diminish. As shared with the participant about her experience of shyness at first, but later, when she had adjusted, she became more active. According to Zel, *"I am proud of myself when people recognize us who performed on TV, but I am still humble. The feeling that I was not able to experience those things before, but because of Zumba, I was able to achieve it."* *Showing self-confidence with the group.* Being with a group you are unfamiliar with sometimes gives you a feeling of alienation. *"But this is not true with me and my Zumba mates because they readily welcome me without letting me feel discriminated against. Everyone is equal, young or old, rich or poor."* Building self-confidence is achieved when trust in one's abilities, qualities, and judgment is present. *"I always stayed at the back when I first entered Zumba, but now I am more confident, and I even join dancing with our instructor on stage."* Likewise, *boosting self-esteem* is recognizing that you trust your judgment and abilities and that you still respect yourself and feel worthy regardless of any imperfections or what others can think about you. At 75, Nin continues joining Zumba despite her age. Nin said, *"I am giving more importance to my body fitness and looks, but most of all, I gained more self-confidence, and Zumba boosted my self-esteem. More activities and socialization with Zumba mates were done, and we even visited other Zumba venues just to dance and meet new Zumba enthusiasts."* *"Gaining more friends."* When you feel you are with a group of people who support and back you up, you feel loved and cared for. Zumba changed one participant's life from isolated to active. Moreover, having more friends is an outstanding achievement, especially when one is selective in choosing friends because of her profession. However, now, regardless of socio-economic, age, and hobbies, she easily adjusts to people from all walks of life.

Additionally, because of Zumba *"makes one responsible for taking care of her health and become more productive because I am healthy. Also, because of the venue inside the mall, the exposure with many people increased self-esteem."* *"Gaining more friends, conversing with other people, and changing ideas, helps you a lot, and you are thinking positively most of the time. You are refined and cultured because of your exposure to different people."* As shared by Maine, *"At first, I feel shy because I do not know the steps, but now, I have gained more friends, and I do not feel out of place, and I am open to all."* *"Meeting new friends."* People react quickly in any given situation. Becoming friendly to different types of people it's because of Zumba. *"My horizon widened because I joined in Zumba party and outreach, and my circle of friends expanded. Aside from my office mates, I have my Zumba mates also."* It was revealed that her

relationship with other Zumba enthusiasts. "Before I joined Zumba, "I was a homebody, but now, with my new friends who are my Zumba mates, *we bond after Zumba class. Lastly, gaining acquaintances* is one way of getting rid of shyness. One participant was very shy before but later turned out to be a giggly woman now. She knew almost all the Zumba enthusiasts from different places. She was out of her shell because of Zumba. *"I feel great now because I am not ashamed to mingle with other enthusiasts, unlike before when I secluded myself from them."*

Conceptual Paradigm of the Study

Figure 1. Hypothesized salutary experiences of Zumba participants engaging in Zumba activities



This study looked into the salutary experiences, such as the physical, mental, emotional, and emotional well-being of Zumba participants in the city and province of Iloilo.

The physical well-being of the participants expressed how Zumba significantly affected their bodily health status. They might have experienced a condition with enough stamina in any strenuous activity. However, they might also have problems with a weak immune system and low resistance to any illness.

For mental well-being, the participants might have shown interest and considered Zumba activities as a stress-relieving agent that makes a stable and peaceful mind. On the contrary, some might utter negative comments like being mentally upset after engaging in several Zumba activities.

Adverse experiences might have been encountered where jealousies happened due to favoritism. On the emotional aspect, some Zumba participants could express being happy and satisfied while engaging in Zumba activities with savored togetherness. On the other hand, other participants might have declared the gradual development of sadness and anger caused by the number of Zumba activities.

The social well-being of Zumba participants might have successfully developed cooperation because of frequent Zumba sessions where

rapport was savored. Others might think negatively that Zumba is useless because it is a haven of competition and conflict.

On the part of the recommendation, Zumba activities could be recommendable to the enthusiasts and trainers to maintain and enhance should there be a manifestation of auspicious salutary effects. Further, it could also be recommended that different educational institutions adopt this program since it displayed positive results. However, should Zumba result in adverse effects among the participants, recommendations to be reviewed by persons in authority, like medical personnel, could be pushed.

Objectives of the Study

This study aims to document the salutary experiences of the participants of Zumba in the City and Province of Iloilo.

Specifically, this study intended to:

1. describe the reasons for participating in Zumba;
2. delineate how Zumba improved the physical, mental, emotional, and social well-being of participants; and
3. disclosure of further benefits of Zumba.

Methodology

5.1. Research Design

Phenomenological research will specifically be used in this study. This qualitative research method concentrates on the similarities among lived experiences among a specific group. To arrive at a description of the nature of the specific phenomenon is the approach's primary objective. (Creswell, 2009).

The purpose of this study was to formulate the meaning of the lived salutary experiences of Zumba participants in terms of the reasons for participating in Zumba, the delineation of how Zumba improved physical, mental, emotional, and social well-being and the disclosure of further benefits of Zumba. The researchers utilized interpretivism as a theoretical research perspective on phenomenology anchored on interpretative phenomenological analysis for the research design and data generation, which included an in-depth interview. The researchers conducted an in-depth interview of the participants. Baseline data on the participants' demographic profiles were included in the research setting of this study.

This study will specifically employ phenomenological research. This research is an approach to qualitative research that focuses on the commonality of a lived experience within a particular group. The

approach's fundamental goal is to describe the nature of the particular phenomenon (Creswell, 2013)—phenomenology anchors on the lived experiences where the researchers looked into its meaning as interpreted. Merriam (1998) asserts that in the conduct of a phenomenological study, the focus would be on the essence or structure of an experience (phenomenon). Phenomenologists focus on describing what all participants have in common as they experience a phenomenon. The essential purpose of phenomenology is to reduce individual experiences with a phenomenon to a description of the universal essence (a "grasp of the very nature of the thing" (Manen, 1990). To this end, the qualitative researcher identified a phenomenon (an "object" of human experience, van Manen 1990). He then collected data from persons who had experienced the phenomenon and developed a composite description of the essence of the experience for all individuals. This description consists of "what" they experienced and "how" they experienced it (Moustakas, 1994).

The researchers utilized interpretivism as a theoretical research perspective to phenomenology anchored on Interpretative Phenomenological Analysis for the research design and data generation to include in-depth interviews (Nickerson (2022). Interpretivism is interpreting the experiences of individuals, which may involve how the one interviewed view the world he is living and how the researcher plunges himself to give his interpretation. In interpretive research, as stated by Merriam (1998), education is considered a process, and school is the lived experience. Understanding the meaning of the process or experience constitutes knowledge gained from an inductive or theory-generating mode of inquiry. According to Schwandt (1994), interpretivism was conceived in reaction to the effort to develop a natural science of the social.

5.2. Respondents and Sampling Method

The participants were selected through the snowball method, a purposeful sampling conducted in the City of Iloilo and the Municipality of Leganes. The participants in this study were members of the Zumba group who were selected as active in the said activity. Their ages range from 29 to 75 years old. Based on the homogeneity of their characteristics, ten participants were selected.

The in-depth interview was conducted at City Mall & Leganes Plaza on October 27, 2020. Each participant was interviewed in a space away from any disturbance.

5.3. The Instrument and Data Gathering Procedure

5.3.1 *The Instrument of the Study*

To gather data for the study, the researchers utilize a Semi-Structured Interview schedule composed of qualitative questions.

Giving the meaning of the lived salutary experiences of the Zumba participants is the endpoint of this study; the interview schedule guided the researchers to generate data to look for the meaning of the lived experiences anchored on phenomenology. The theoretical framework would anchor on the reasons for participating in Zumba, delineation of how Zumba improved participants' physical, mental, emotional, and social well-being and the disclosure of further benefits of Zumba. In-depth interview in a conversational manner was conducted during scheduled visits.

5.3.2 Data Gathering Procedure

The researchers followed a uniform protocol to ensure that the outcomes of the interviews would produce consistent and accurate data following the purpose of the study:

1. Identification of the active Zumba Enthusiasts in the city and province of Iloilo;
2. Personal meeting with the instructor of the Zumba class to solicit information about the status of the active involvement of the participants and their schedule and availability;
3. In-depth interview with the participants in Iloilo City and Province.
4. Data transcription;
5. Scheduled follow-up meeting with each participant to check and verify the contents of the transcript; and
6. Coding data for emergent themes.

The letter was sent to the Zumba instructor before the interview for the study's approval. Also, an interview schedule composed of qualitative questions anchored on the study's objectives was presented to the experts for validation. After the validation, an in-depth interview in a conversational manner was conducted to look into the reasons for participating in Zumba; delineation how Zumba improved the physical, mental, emotional, and social well-being; and the disclosure of further benefits of Zumba.

5.3.3 Data Analysis

This study utilized Colaizzi's descriptive phenomenological method. Based on Colaizzi's model, the following activities were undertaken by the researchers:

1. The researcher familiarises him or herself with the data by reading through all the participant accounts several times.
2. The researcher identifies all statements in the accounts directly relevant to the phenomenon under investigation.

3. The researcher identifies meanings relevant to the phenomenon that arise from carefully considering the significant statements. The researcher must reflexively bracket his or her pre-suppositions to stick closely to the experienced (though Colaizzi recognizes that complete bracketing is impossible).
4. The researcher clusters the identified meanings into common themes across all accounts. Again bracketing pre-suppositions is crucial, especially to avoid any potential influence of existing theory.
5. The researcher writes a full and inclusive description of the phenomenon, incorporating all the themes produced in step 4.
6. The researcher condenses the detailed description to a short, dense statement that captures just aspects deemed essential to the phenomenon's structure.
7. The researcher returns the fundamental structure statement to all participants (or sometimes a subsample in more extensive studies) to ask whether it captures their experience. He or she may modify earlier steps in the analysis in light of this feedback (Morrow, Rodriguez, & King, 2015).

Results and Discussion

The researchers drew several themes from the raw data from interviews with the ten Zumba enthusiasts from City Mall Tagbak and Leganes groups, respectively. The themes were classified according to the popular ideas answered by the participants.

6.1.1. Reasons for participating in Zumba

The study's first objective focused on the reasons for participating in Zumba and emphasized "*loving fitness*" as a theme supported by the standard code, also known as loving fitness. Why? The typical answer during in-depth interviews anchored on health.

Loving fitness. The fitness culture is embracing and encouraging. People love to walk around with their dream bodies, but how can this be achieved? Thinking to be better about your fitness level today could motivate you to achieve your goals. Most participants reasoned that after their Zumba class, especially when sweating, they feel better. On the contrary, they feel weak when they fail to attend the class. Health is the common reason among the participants, coupled with gaining friends and having fun, threw their stress away.

6.1.2. Delineation of how Zumba improved participants' physical, mental, emotional, and social well-being.

The second objective delineates how Zumba improved the participants' physical, mental, emotional, and social well-being as a theme that

emerged as "*embracing Zumba for total healthy living*." The four codes conceptualize it.

For the physical, "*enhancing health in and out*" talks about the condition of the body's internal parts as well as the physical appearance or the exterior looks. This code is strengthened by the three concepts, such as *developing endurance*, which shows how to achieve optimal stamina to race your best in situations you may encounter daily, such as working and doing chores without getting fatigued and still having time to go to church and work at night shift. The participants claimed that *boosting cardiovascular health* showed how Zumba gradually lowered blood pressure, ischemia, sugar, and cholesterol and *enhanced bodily aesthetics*, which is contextualized by improving body shape and developing pleasing body contour because of losing weight and muscle firming.

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For the emotional aspect, the code, "*expressing happiness and satisfaction*," is reinforced by the four concepts: embracing enjoyment, getting rid of worries, overcoming shyness, and having self-improvement. In "*Embracing enjoyment*," one can get pleasure from Zumba, which is worth the benefits one can get while doing it. This comment is anchored on the answers given by the participants, such as "While doing Zumba, I always smile, and I am happy." Some of the participants' comments are Having a cheerful disposition, not readily having anger, and feeling free from problems. She always smiles while doing Zumba, especially since the venue is in City Mall, where shoppers glance at them when they pass by. Rose shares that because her endurance is high and stress-free, she does not quickly get angry. Jo enjoys sweating out and is happy to be with the group.

Moreover, Rose Mary said she was not a dancer before and did not like dancing, but now whenever she hears music, she wiggles and feels free from problems. *Getting rid of worries* is to get rid of an unlikely situation.

What one needs to do is just deal with what is achievable and set aside the rest. Trusting oneself to make the right choice will help one achieve a positive outcome. *Overcoming shyness* as one concept is tough to achieve, especially for those who isolate themselves from people. Doing Zumba in a Mall or Plaza where many people are watching makes a person tense or awkward. One participant said that she became courageous because of Zumba. *"Having self-improvement."* This is an excellent achievement that Zumba could offer so much in a person's development *"that when doing Zumba you also exercise your heart; it helps you in your physical and mental aspect and to yourself."*

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Additionally, because of Zumba *"makes one responsible for taking care of her health and become more productive because she is healthy. Also, because of the venue inside the mall, the exposure with many people increased self-esteem."* *"Gaining more friends, conversing with other*

people, and changing ideas helps you a lot, and you think positively most of the time. You are refined and cultured because of your exposure to different people." Shared by Maine, *"At first I feel shy because I don't know the steps, but now I have gained more friends, and I don't feel out of place, and I am open to all."* "Meeting new friends." People react quickly in any given situation. Becoming friendly to different types of people it's because of Zumba. *"My horizon widened because I joined in Zumba party and outreach, and my circle of friends expanded. Aside from my office mates, I have my Zumba mates also."* It was revealed that her relationship with other Zumba enthusiasts. "Before I joined Zumba, "I was a homebody, but now, with my new friends who are my Zumba mates, *we bond after Zumba class. Lastly, Gaining acquaintances* is one way of getting rid of shyness. One participant was very shy before but later turned out to be a giggly woman now. She knew almost all the Zumba enthusiasts from different places. She was out of her shell because of Zumba. *"I feel great now because I am not ashamed to mingle with other enthusiasts, unlike before when I secluded myself from them."*

6.1.3. Disclosure of further benefits of Zumba

The theme that emerges in objective three states, " Zumba is life." It is conceptualized by the three codes: gaining health, being sociable, and expressing enjoyment.

The three concepts strengthen the code of gaining health: driving the doctor away, gaining a healthy life, and maintaining a young heart. *"Driving the doctor away."* Being healthy and fit will keep a person from consulting a doctor. It is a matter of deciding how a person will keep health on top of the priorities. Zumba helps maintain a healthy body. *"Gaining a healthy life"* Involving in physical activities like Zumba dramatically helps a person increase resistance against sickness. One participant related her experience after Zumba aches or pains vanished after she sweated out, and most of all, she is happy when she is with her Zumba mates. Zumba is her life! *"Maintaining young-at-heart"* Exercising continuously and sweating helps release toxins from the body. The old cells are replaced by the new ones that help a person look young and refreshed.

Nin joyfully shared her moments in Zumba *"I am happier and less irritable now. I never regret joining Zumba; it makes me look younger happy, and fit. I FEEL WEAK AND HEAVY when I cannot attend my Zumba class. Zumba, for me, is happiness, joy, and youthfulness."* The three concepts substantiate the code of being sociable: getting out of the shell, gaining acquaintances, and maintaining physical attractiveness. *"Getting out of the shell"* shyness could not bring you to achieving your goal in life. It needs perseverance and determination to achieve it. "Joining Zumba is the most excellent decision one participant can make because it enhances her self-confidence. Zel and Mary Rose were shy people back then; you cannot force them to dance, talk or answer in an interview like this.

Nevertheless, now, when the group says go, they are alert. At this time, a person needs to be courageous and shed the shyness in her. Maine never regrets joining Zumba; she found a second family in her Zumba mates who never left her behind whenever she was down. Zumba is life for her." *"Continue to gain acquaintances."* Having new friends are a gift. A person who isolates herself from others cannot make new friends. Jo, happily says that Zumba helped her gain more friends, making her active and happy. According to her, "People should join in Zumba to sweat out to get rid of high blood. Zumba, for me, is where you can gain friends and happiness." *"Maintaining physical attractiveness."* Physical beauty is the extent to which an individual's physical characteristics are viewed as aesthetically pleasing or beautiful. Je relates the benefits she got in Zumba. "Zumba is my relaxing mode. I am swamped, and I always look forward to doing Zumba because this is where I can rest my mind, activate my body, and relieve my mental fatigue. I am happy that I made the right decision to join Zumba. Here, I maintain my body beautifully, my joints and muscles elasticity, and never feel tired. Zumba, for me, is life."

The code of experiencing enjoyment is supported by the four concepts of endurance and enjoyment, gaining happiness and enjoyment, gaining happiness, and recreation purposes. *"Endurance and enjoyment."* Hitting two birds with one stone. You cannot force someone to do something, especially if it involves action. It is self-motivating. "While developing my physique, I also enjoy," says Maria. "Recording the session has been my hobby; it gives me a feeling of happiness every time I review it. I never regretted joining Zumba because of the benefit I got from it. I even told my office mates to compete with me in the running. Though I am old, I can still out win them in the running. Zumba is my life." *"Gaining happiness and enjoyment."* This happiness cannot be bought but acquired. The laughter and joy one share with friends is a treasure. "My stress was relieved, and I enjoyed it so much during the class. I never felt sorry joining Zumba because I am happy with the group, and it is life for me." *"Gaining happiness."* The happy memories one shared with friends lingered and could not be taken by others. "Problem is not a hindrance for me in joining my Zumba class because I am happy, and everything is forgotten when I am with the group. Sometimes I feel tired, but I cannot resist doing it. I can attest that exercise is 100% good and maintain a fresh mind. Zumba is Life." *"For recreation purposes."* Being active offers a lot of benefits. Static life is not a good practice. Rose considered Zumba as a diversion after office. "I feel happy every afternoon, and I cannot explain the happiness I got, especially after Zumba. I would not say I liked it when I missed one session of Zumba because of overtime or a seminar. Zumba is life!"

Conclusions

On the salutary experiences of the Zumba participants, they were able to gain a healthy living from Zumba. The participants affirmed their

conviction that Zumba has a meaning for them: **Zumba is Life**. The participants support **loving fitness** as their reason for participating in Zumba activities, confirming that they love to see their healthy bodies. Missing one session, they believe they miss a day making themselves healthy. Zumba, for them, makes their day lively, high-spirited, and there is life. Their good body figure is attributed to their participation in Zumba, where their confidence is developed wherever they are.

The participants achieved good physical condition in and out for physical advantage. According to the participants, the feeling of being healthy and free from any illness is attributable to Zumba. They are conclusive that Zumba is therapeutic. Mental relaxation was also achieved, in addition to their affirmation of pleasure on the emotional side. Loneliness and feeling of anxiety were not experienced anymore since they started to join Zumba activities. What a healthy living they are experiencing because of Zumba, as they positively opine. Their social life, which their continued unity and gregariousness can strengthen, has been established. Because of confidence, they become friendly to anyone they encounter and even convince others to join Zumba, advertising the positive outcomes of engaging in this activity. The participants reiterated the detailed health they enjoyed in the disclosure of more benefits. For them, Zumba is Life.

Recommendations

After a thorough examination of the participants' reasons for participating in Zumba, delineation of how Zumba improved their physical, mental, emotional, and social well-being, and the disclosure of further benefits of Zumba, the following recommendations were advanced:

For the Department of Health (DOH)

The participants' affirmation is very significant in health, which can be the basis of the community's awareness of Zumba benefits. The Department of Health (DOH) may use these results as an anchorage in formulating policies for this recreational activity for the Filipino community.

For the Department of Education (DepEd)

Physical education is included in every school's curriculum for students; however, employees also need to have an after-class recreational activity like Zumba sessions. The Department of Education (DepEd) may utilize the results in formulating a program for the employees to join Zumba sessions at the end of the class to gain a health benefit, as affirmed by the participants in the study.

For the Local Government Unit (LGU)

The Local Government Unit (LGU) may also benefit from the results to be used in the plan formulation to have this activity for the employees and the local community.

West Visayas State University – Pototan Campus

The results may also benefit the West Visayas State University Pototan Campus in developing advocacy on health and wellness programs for all employees.

For the Zumba Enthusiasts

The Zumba enthusiasts may maintain their camaraderie in the ongoing activities should they find positive results in their mental, physical, and emotional well-being. They may organize themselves and make some projects to enhance their advocacies by campaigning others and even introduce this practice to some institutions, especially those of senior citizens.

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