

ONLINE CLASSES

Case study 5

Zumba

Kaaren Admiraal and Kiera Roche



Kiera Roche is a right above knee amputee and through lockdown put on weight due to homeschooling and reduced access to physical activity.

"I was really struggling to find time between my increased working hours and homeschooling two children to fit in any physical activity so when we made the decision to move LimbPower's activity online I took the opportunity to join in and I haven't looked back," said Kiera.

LimbPower approached Sarah Goldsack founder of Paracise, a low impact fun exercise class to fabulous music. We hired Kaaren Admiraal to run LimbPower's online Paracise class on a Saturday morning. When Kaaren told us that she also teaches Zumba we jumped at the chance to add this to our list of online classes.

"For the first online class we had around twenty people join and most of us couldn't do the moves or keep up. It was exhausting and just way too fast. A few of us persevered and worked with Kaaren to adapt the class to suit amputees and individuals with limb differences. Many of the dances we do at half tempo, but as we are improving we are trying some at full tempo. I often get the moves wrong to start with but I am having so much fun that it just doesn't matter," said Kiera.

Kaaren said, "Teaching this amazing group of people has been a challenge as I have had to learn and adapt the classes to meet the needs of the participants. Each person with limb difference is unique and has different needs. When I organised the first Zumba class I did not want to underestimate the abilities of the participants, so I ran the class at the normal dance tempo. Together we have adjusted the sessions and dances to meet the needs of the class participants. We have so much fun, I look forward every week to seeing how everyone has improved. Everyone is welcome to join us, so please don't worry if you don't feel confident you can keep your



camera turned off until you do."

As well as LimbPower's class, there are lots of other adapted Zumba videos on YouTube, including seated classes. Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness, so great for amputees and individuals with limb differences who want to dance at home.

"I find it difficult to stick with exercise routines because I find them boring and see them as a means to an end, which is to stay healthy. I was always better at group activities and being part of a team, so exercising on my own is hard. I struggle to remain committed. I am known as a revolving door which means people are

continuously changing and dropping out, rather than staying with an activity. I am not like this with Zumba and Paracise. I have been attending Paracise classes for a year and Zumba for seven months. I look forward to every class and seeing the instructor and other participants. I have found an activity that I am motivated to attend every week. I am losing weight, have a lower heart rate and feel more flexible. I would recommend everyone of all genders gives it a go. I love it," said Kiera.

If you would like to know more about LimbPower's online exercise programme please email Rebecca Legon at rebecca@limbpower.com or email Kaaren Admiraal at karenadmiraal@hotmail.com.



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