

It's been a great summer so far, and we've all been busy with some summer fun! I have a few new announcements, and my hope is to use this newsletter to share with you what's going on with new classes, workshops, schedule changes, health tips, and of course fun activities throughout Los Angeles that you can participate in!

As we focus on the rest of the year, I encourage you to keep up a healthy way of life by way of exercise and eating the right foods. Many of my Zumba and Hip Hop students have seen their physique change, sometimes significantly, while taking my classes. I would like to ask you to please send me before and after photos as testimony to the success you have been having in my classes!

Sincerely,

Wil

Wil's Health Picks

OMEGA-3's

As many of you may know, much of my time is spent researching foods, supplements, the latest fitness trends, etc. I want to share with you my experiences, support, and some solid research. Please remember, I am not a physician and you should always check with your family practitioner before starting any exercise or diet program.

A great article in the March 2008 issue of the *Mayo Clinic Proceedings* by James O'Keefe M.D., a cardiologist from the Mid-America Heart Institute, cites the results of several large trials that demonstrated the positive benefits associated with Omega-3 fatty acids, either from oily fish or fish oil capsules. Dr. O'Keefe stated, "these trials showed reductions in cardiovascular events..." Also, according to University of Barcelona researcher, Joan Claria, increased consumption of Omega-3 fatty acids may protect against obesity related damage of the liver, which may lead to diabetes. Additionally, a meta-analysis of walnuts by Harvard scientists has found diets rich in walnuts can significantly reduce cholesterol levels, supporting growing evidence to suggest these popular nuts can improve healthy blood lipid ratios.



The American Heart Association states, cholesterol can't dissolve in the blood, and has to be transported to and from the cells by carriers called lipoproteins. Low-density lipoprotein (LDL) is known as the "bad" cholesterol, and high-density lipoprotein (HDL) is known as "good" cholesterol. Too much LDL can begin to build up in the inner walls of the arteries that feed the heart and brain. And when combined with other elements it can form plaque, a hard deposit that can narrow the arteries. If a clot forms and blocks the narrowed artery, it can lead to heart attack or stroke. It is believed that HDL can serve to protect against heart attack by carrying cholesterol away from the arteries back to the liver, where it's passed from the body.

Essential Fatty Acids (EFAs) are necessary fats that humans cannot synthesize, and must be obtained through diet. They are polyunsaturated fatty acids derived from linolenic, linoleic, and oleic acids. There are two families of EFAs: Omega-3 and Omega-6. Omega-9 is necessary, yet "non-essential" because the body can manufacture a modest amount on its own, provided essential EFAs are present.

Linoleic Acid is the primary Omega-6 fatty acid (a liquid polyunsaturated fatty acid abundant in plant fats and oils; a fatty acid essential for nutrition). A healthy human with good nutrition will convert linoleic acid into gamma linolenic acid (GLA), which will later be synthesized, with EPA (eicosapentaenoic acid) from the Omega-3 group, into eicosanoids (which aid in many bodily functions including vital organ function and intracellular activity). Although most people obtain an excess of linoleic acid, often it is not converted to GLA because of metabolic problems caused by diets rich in sugar, alcohol, or trans fats from processed foods, as well as smoking, pollution, stress, aging, viral infections, and other illnesses such as diabetes. It is best to eliminate these factors when possible, but some prefer to supplement with GLA-rich foods such as borage oil, black currant seed oil, or evening primrose oil.

Alpha Linolenic Acid (ALA - an organic compound found in many common vegetable oils) is the principal Omega-3 fatty acid, which a healthy human will convert into eicosapentaenoic acid (EPA), and later into docosahexaenoic acid (DHA). EPA and the GLA synthesized from linoleic (Omega-6) acid are later converted into hormone-like compounds known as eicosanoids, which aid in many bodily functions including vital organ function and intracellular activity.

Omega-3s are used in the formation of cell walls, making them supple and flexible, and improving circulation and oxygen uptake with proper red blood cell flexibility and function. Omega-3 deficiencies are linked to decreased memory and mental abilities, tingling sensation of the nerves, poor vision, increased tendency to form blood clots, diminished immune function, increased triglycerides and "bad" cholesterol (LDL) levels, impaired membrane function, hypertension, irregular heart beat, learning disorders, menopausal discomfort, itchiness on the front of the lower leg(s), and growth retardation in infants, children, and pregnant women. Talk to your healthcare provider, and check out some of the other potential benefits of Omega-3's found in several university studies:

- Cardiovascular Benefits
- Anti-inflammatory Benefits
 - Obesity Prevention
 - Diabetes Prevention
 - Improved Mood

- Eye Health
- Cancer Risk Reduction
- Improved Infant Development

How do you get Omega-3's?

Typically the most natural, organic way is the best way, but that's just not always possible, so you can always take supplements if your daily diet doesn't provide you with enough Omega-3's. Good sources of Omega-3's are fatty, cold-water fish (such as salmon, mackerel and herring), flaxseed, flax oil and walnuts.

TYPES OF FAT

Saturated Fat

Usually the dominant type in animal foods, is the main dietary cause of high blood cholesterol. Found mostly in beef, beef fat, veal, pork, lard, lamb, poultry fat, butter cream, milk, cheeses and other dairy products made from whole and 2% milk. Foods from plants that contain saturated fat included coconut, coconut oil, palm oil and palm kernel oil (often called tropical oils), and cocoa butter.

Hydrogenated Fat

During food processing, fats may undergo a chemical process call hydrogenation. This is common in margarine and shortening. These fats also raise blood cholesterol.

Polyunsaturated and Monounsaturated Fats

These are the two unsaturated fats. They are found mainly in fish, nuts, seeds, and oils from plants. some examples of foods that contain these fats include salmon, trout, herring, avocados, olives, walnuts and liquid vegetable oils such as soybean, corn, safflower, canola, olive and sunflower.

Both of these fats may work to help lower your blood cholesterol level when you use them in place of saturated and trans fats. But a moderate intake of all types of fat is best.

Trans-fatty Acids and Hydrogenated Fats

Unsaturated fatty acids can be trans-fatty acids (TFA) are found in small amounts in various animal products such as beef, pork, lamb, butter, and milk. They are also formed during the process of hydrogenation, making margarine, shortening, cooking oils. These fats need to be kept to a low level in your diet (about 1% of calories).

JUICING VEGETABLES AND FRUITS

Why should I juice vegetables rather than eat them whole?

Many of us have relatively compromised intestines as a result of poor food choices over many years. This limits our bodies' ability to absorb all the nutrients from the vegetables and juicing tends to facilitate this absorption.

Also, vegetable juicing allows you to eat more of the vegetables than you normally would otherwise. By incorporating the juice into your healing diet, you will easily be able to reach the roughly 1 pound of raw vegetables per 50 pounds of body weight that is generally recommended we should eat every day.

What types of vegetables should I juice?

Celery + fennel + cucumbers is a good combination that is easily tolerated by those just starting out with juicing. Unfortunately these are not as beneficial as the more intense dark green vegetables. Once you get used to these though you can start adding the better, but perhaps less palatable ones in.



JUICING RECIPES!

Always use organic produce whenever possible. Wash your fruits and vegetables. And, drink slowly for healthy digestion. Below are a couple of recipes that are simple starters that you may enjoy. New recipes will be included in future newsletters.

Sweet Drink

- 5 Carrots
- 1 Apple
- 1/2 Beet

Carrot juice supplies a high amount of pro-vitamin A, which the body converts to Vitamin A; vitamins B,C,D,E, and K, minerals, calcium, phosphorous, sodium, and trace minerals. This juice benefits intestinal walls, bones, teeth, skin, hair, nails and with regular use, cleanses the liver by helping to release stale bile and excess fats.

Vegetable 8

- 1/2 Tomato
- 1/4 Cucumber
- 1 Carrot
- 1 Celery stalk
- 1 Handful Spinach
- 1/2 Red Pepper
- 1/2 Cup Cabbage
- 1 Green Onion

Carrot Lemonade

4-5 medium carrots
1/2 medium lemon
1 apple
1 small 1.5 - 2" wedge red cabbage
1 round of Ginger, about the size of a quarter

Let your imagination go wild and experiment with juices. Make it fun!

LA EVENTS - WHAT'S HOT

[DANCE DOWNTOWN LA FRIDAY](#) - No experience necessary - dance and sway the night away with beginner lessons and DJ/live music under the stars. Different type of dance each week!

[BRASILDADE - SAMBA & PAGODE SHOW](#) - Fridays at The Organic Panificio in Marina del Rey, where you'll party Brazilian style all night!

[BEER TASTING -- SPECIAL BREWS FROM AROUND THE WORLD WITH WHOLE FOODS BEVERLY HILLS](#)

Tuesday, August 11, 2009 at the Crescent Hotel and Restaurant at 6:30 pm

Micro brewed beer, gluten-free beer, organic beer, black beer and dark English ale are some of the choices that will be featured at this tasting.

[CAUSE FOR CREATIVITY: TOUR DA ARTS](#)
Saturday August 22, 2009

Join SMMoA and CICLE (Cyclists Inciting Change through Live Exchange) for a special art-making workshop and cultural bike tour that begins at the museum and loops through the city of Santa Monica. Enjoy special programming and tasty treats along the way!

ANNOUNCEMENTS

New website coming soon! It'll be full of information to be your one-stop Wil Dance Fit Shop!

Come check out my web outlets! Facebook, Twitter and MySpace



GREAT NEWS!

Hot new hip hop classes and dance workshops coming soon!

LESSONS - CHOREOGRAPHY - TRAINING

Got a move you want to learn? Want to take your dancing to the next level? or Do want to learn how to dance in a club? Getting ready for the first dance at your wedding? I offer private lessons too! Available for all ages and skill levels. Contact me for more information: wildancefit@gmail.com

CALENDAR UPDATES

Changes are taking place!

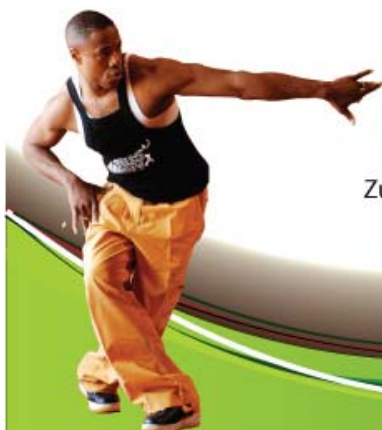
NEW Zumba class at The Sports Club LA on Sepulveda! Every Friday at 9 am! It's the best way to start your weekend right!

To make it easy, you can download my latest schedule by clicking [here](#).

BE INSPIRED!

Here's what people are saying about Zumba with Will!

"Mommy, why are you so drenched?" my daughter asked me the first time I came home from your wonderful, yet excruciating Zumba class. Although painful, that didn't stop me from returning the following Sunday. Why painful you ask? Well, I recently had foot surgery. And frankly, I couldn't wait for therapy to be over so I could do something exciting. Bike riding? Done it before. Hiking? Did that too ... Zumba? Sounds like fun ... And boy it was. I truly enjoy your class!" --May, Zumba Student



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