



Above, residents of Lubowa work out at the free dance aerobics session organised by Be Active Gym. (L), Artiste Navio speaks to participants about fitness. PHOTOS BY GILLIAN NANTUME.



DAILY DOSE OF FITNESS KEEPS DOCTOR AWAY

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Staying physically fit and being healthy is everyone's dream. Who would not want to fit into the same clothes they wore in their early twenties? However, when it comes to being fit, the devil is in the details. You have to run or walk for miles, carry weights, and in extreme cases, go on a crash diet.

At the start of the month, part of this problem was solved with a free dance aerobics session organised by Be Active Gym in the parking lot of Quality Shopping Mall in Lubowa. The aim was to encourage healthy living and was co-organised by Vero Water, Quality Supermarket, Hot Springs Bar and Grill and International Hospital Kampala.

By 6.30am, participants were already in place as the warm-up session was getting underway. They came in all ages, sizes, and races. Under

the theme, *Get moving and have fun doing it*, the abs-workout got underway.

The session got sweeter when it came to dance aerobics led by Coach Angel Nakibuuka, with Navio, an artiste, as the emcee.

"When you sweat, it means the fat in your body is crying," Coach Angel said, adding, "When you eat something, you have to expend it. That is why aerobics helps people to lose weight."

Dance aerobics requires energy because it is about burning calories. But the participants had fun as well, judging by the way they screamed in excitement every time a trending song was played by the deejay.

"Exercising is a good thing since many people are suffering from obesity," said Navio, adding, "Besides, there are people who will look fit but are unfit. This free session will help the community and equip people to become better

human beings for life."

With Navio pushing them on, teasing them that they will soon have bodies like Beyoncé (a popular American singer) and will grace his music videos, the mostly female crowd worked it out.

Lois Nahwera stood out because she was seven months pregnant with her first child. She was so energetic in her dance aerobics that it is little wonder she is also a coach.

"When women get pregnant they stay away from the gym but it is normal to work out until the last day, as long as your doctor clears you. I work out for 30 minutes every day and I have never fallen sick."

Other participants who stood out in the morning aerobics were Apollo Makubuya, Buganda's Third Deputy Prime Minister, and Jimmy Mugerwa, Tullow Oil's Managing Director.

Starting February 13, participants will get a coupon for free gym.

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