

Zumba session for RCSC

The Well-being Division, RCSC has started the Zumba Session every Wednesday from 30th October, 2019 among RCSC for the following objectives:

1. To promote the healthy lifestyle.
2. To build up our relationship stronger with colleagues.

In future, the RCSC has the plan to extend services across the civil service.

(First Zumba Session at Zilukha School)



Here's four reasons to work out with your colleagues:

1. It lowers stress (A lot.) One American Osteopathic Association study found out that exercising with people you know reduces stress by 26% and “significantly improves quality of life,” with those training as a team showing improved mental (12.6%), physical (24.8%) and emotional (26%) health. Those going it alone did not see their stress levels or quality of life change nearly much. The benefits of coming together with friends and colleagues, and doing something difficult while encouraging one another, pays beyond exercising alone.

2. You're nicer to each other. In study, 200 British employees were encouraged to exercise at work, including yoga and aerobics classes, strength training and pickup basketball games during lunch. They returned to their desks in the afternoon feeling less fatigued, more productive. They had become more open and fun person.

3. You'll have more fun. People who worked out with their colleagues, friends or partners, they enjoy the exercise more than those who do on their own because working out toward a common goal gets you to encourage each other to perform at your best.



4. You get a better exercise high. The Oxford University study found out that a greater endorphin will rush when person train with their teammates versus the one who practiced alone. Combination of group activities like dancing, laughing and performing music together create a similar shared sense of enthusiasm and excitement. This motivates you to exercise more, adding more endorphin in the body. It means you can push through your workout longer with friends and colleagues than you can alone.

(Retrieved from the Research Article by Nicole Lyn Pesce, a famous writer on lifestyle and reporter of New York Post)

