

ESSENCE[®]

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FEEL THE RHYTHM

Need a whole *lot* of inspiration to work off that whole *lot* of holiday turkey? Turn to our roots! Here Tanzanian-born Maria Nhambu Bergh, owner of *Aerobics With Soul* studio in Minneapolis, gives tips for a workout that will call on your ancestral spirits: ● Pick African songs you can sing along to so you'll forget you're exercising. Bergh's favorite albums: *The Best of Johnny Clegg* by Johnny Clegg and Savuka (from South Africa); *Dance My Children Dance* by Samite (from Uganda). ● Let loose! Dancing is the best form of exercise there is because you use your entire body—the entire time! Circle your hips, do pelvic thrusts and knee lifts. (For best results, do a forty-five-minute session three times a week.) ● If you have carpeting, work out barefoot for control over your movements—and freedom!

To order Bergh's new *Aerobics With Soul—Serengeti* video (\$24.95), or audio-cassette (\$13.95), call (800) 423-9685. ▷