

OCTOBER SPOTLIGHT

Meet Shameka Dudley-Lowe

Energetic, Adventurous, Sweet Spirit, Fun, and Talented are just a few words to describe Shameka Dudley-Lowe. Oh Yeah, she's also an AWESOME Zumba Instructor.

On Saturday, October 22, ICE Atlanta held its 2nd Annual Stomp Obesity 5K Walk/Run. Many participated as walkers, runners, volunteers, and cheer squads. Shameka shared her love of Zumba with the 5K walkers and runners. This was not an average pre-race warm-up. Shameka captivated participants, volunteers and onlookers with her style, charisma, and energy. She moved to the beat of the music so effortlessly and smooth. She instructed participants to move their bodies in patterns of aerobic dance movements. She said, *"Feel the music and your feet will follow."* The fast rhythms, delightful musical vibes, and easy to learn steps kept the crowd engaged and wanting more! Shameka's choreographed moves for the crowd was a mixture of hip-hop, soca, salsa, samba, merengue, lunges, squats, and jumps.

After the 20-minute Zumba warm-up, participants were ready for the race. Charles, a 5K runner said, *"I've run numerous races in various cities...that was absolutely the best race warm-up I've ever participated in!"* When asked WHY ZUMBA, Shameka said, *"Zumba dancing allows the body to burn lots of calories, gives you a better mood, less anxiety, and sharpens the brain."*

ICE Atlanta is dedicated to the development, exposure and encouragement of youth. The Annual Stomp Obesity charity run helps increase awareness of the obesity epidemic and encourages everyone to get active.

Shameka, **THANK YOU** for donating your time and talents with us. **THANK YOU** for being a super awesome example of how to genuinely serve and give back to the community. **THANK YOU** for teaching us Zumba and showing us ways to stay healthy by dancing.

Want to attend one of Shameka's Zumba classes...of course you do!

Here's contact info on how to join her Zumba Party:

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