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KICK UP YOUR HEELS WITH
TANYA BEARDSLEY

You may not recognize Tanya Beardsley at first glance, but to the devotees of Zumba Fitness, the popular Latin-inspired dance exercise program, she's a rock star! Now a Zumba spokesperson, she's been living the active lifestyle—and teaching it to other instructors around the world—ever since she took her first class in 2002. Here, Tanya talks temptation, Twitter, and turning 30.

BY CLAIRE CONNORS



"I think I was Cuban in another life, because I adore Latin music. I love dancing to a live salsa band. Everyone's smiling and having a good time. It's the most natural high you can get."

"I try to hit my abs four times a week at most. They need to rest just like any other muscle. If you do it every day, it's overkill and a waste of energy."

"My biggest weakness is bread. Hey, I'm Italian! Sometimes I have to slap my own hand at dinner when there's a nonstop supply of it on the table."

"Zumba is the perfect workout. You're mentally, physically, and emotionally challenged and empowered—plus, you're in this community where you connect with others. And it's fun!"

"My trainer always reminds me to 'feed the machine.' I'm conscious of what I put in my body, but I can eat a lot! I consume three high-protein meals a day with lots of veggies, and my snack is a Lean Body protein shake."

"I turned 30 recently. It blows my mind to look back at what I accomplished in my 20s. People joke that I'm getting old, but I'm so excited about the next phase of my life. The possibilities are endless!"

"Right now I'm reading *Soul Drawings: An Exploration of the Human Spirit*, a book about connections and spirituality. I like to circle and highlight inspirational passages and quotes in it, then share them with my students and on Twitter."

KEVIN MAZUR