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Turn It On!: The Relative Exercise Intensity and Caloric Expenditure of QiDance™

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LETTER TO EDITOR

REFERENCES

Dear Editor-in-chief

QiDance is the newest style of choreographed group exercise to hit the fitness scene. QiDance is one component of the fitness company known as Qignition, which focuses on overall fitness and wellness (Qignition, 2012). Other components of Qignition are QiForze™, QiNaia™, and QiStryke™, which are centered on strength development, the mind-body connection, and the martial arts, respectively. The company's philosophy is to "ignite people's vital energy to improve their quality of life" (Qignition, 2012).

QiDance classes incorporate proprietary choreographed routines set to music. All of the songs are claimed to be original creations composed by Qignition founder Kike Santander, a multi-Grammy winning recording artist. Classes may include dance moves as diverse as hip-hop, disco, Latin, jazz, and even Bollywood. The result is a wide variety of rhythmic, high-energy dance classes that are designed to revitalize and reenergize participants. To our knowledge, there are no previous data on the acute responses to QiDance. In fact, the classes taught as part of this study were among the first classes taught in the United States by a QiDance certified instructor. The purpose of this study was to investigate the relative exercise intensity and caloric expenditure of QiDance relative to American College of Sports Medicine (ACSM) guidelines.

Twenty healthy, college-aged females (21.2 ± 1.9 years, 1.64 ± 4.0 cm, 59.5 ± 7.1 kg) from the University of Wisconsin - La Crosse served as subjects for the study. All subjects were relatively fit (e.g. exercising ≥ 3 times per week) and had participated in coreographed group exercise classes previously. Prior to participating in the study, subjects completed the PAR-Q and provided written informed consent. The research protocol was approved by the university Institutional Review Board.

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