A GROUP of Aboriginal women are shaking it to Zumba and seeking a healthier lifestyle while taking part in the Bindjareb Yorgas Health Program.

It is named after the Bindjareb indigenous people of the Peel Region and yorgas, women in their language.

The 15 women are also learning about healthy nutrition and benefits of exercise. Gloria Kearing is the oldest person taking part and she said she was surprised at what she had learned.

“I’ve learned about healthy eating and had a complete overhaul of eating,” she said.

“Aboriginal people have high rates of diabetes, so we learn about salt and sugar here and then we can share with our families.”

Sponsorship comes from the Swap It, Don’t Stop It campaign, funded by the Australian Government and administered by the Heart Foundation.

Launched in March last year, the campaign aims to provide Australians with the tools and understanding to make simple swaps to improve their health.

“It’s been really successful and we’ve had a sustained attendance, which obviously means they are enjoying it,” said program co-ordinator and Murdoch University lecturer Caroline Nilson. “And it’s also given them a good sense of woman-ship, if you like.”

Mrs Nilson devised the 12-week program in conjunction with the Murray District Aboriginal Association’s chairperson Karrie-Anne Kearing.