

Introducing

Allan Keone Villaflor



**Allan Keone
Villaflor**

Fitness Motto: *Be a better version of yourself.*

Favorite Workout Music: Anything that has a great rhythm

Favorite Exercise: Zumba® Fitness, walking, total body conditioning, dance fitness

Sporadically, through most of his early adult life, Allan engaged in various fitness activities, including dance aerobics, Jazzercise, running (one of the first members of the Garden Island Road Runners Association, hiking, backpacking and bicycling. But after being treated for hyperthyroidism in his early 30s and quitting smoking in his mid-30s, his overall health and fitness became inconsistent. He first became acquainted with Ho`ola Lahui when he and his Kasibulan Filipino Folk Dance Company were asked to provide a fitness station for the Kauai Great Weigh-Out field day challenge in 2004. They continued to provide a Filipino bamboo dance challenge until the Great Weigh-Out ended. In December 2005, at nearly 200 lbs., Allan miraculously survived a sudden cardiac arrest, which resulted in a quadruple by-pass. The near-death experience convinced him that he needed a change in his life, and he embraced a healthier lifestyle. Less than a year later, he had lost nearly 60 lbs. and 6 inches off his waist line. He and his fellow workers at Easter Seals entered a team in the Kauai Great Weigh-out in 2006. From then on, he became a frequent participant in the Ho`ola Lahui fitness program, at times attending early morning and lunch time classes daily. In 2010, he became a devotee of Zumba® Fitness attending classes given by Anna Velasco and Donna Olivas-Kaohi. Later, that same year, he helped to organize a fitness program at his church. With the help of Donna Olivas-Kaohi, Zumba® Fitness classes were introduced to the program. The church's Relay for Life team in 2011 was one of the first groups on Kauai to team with licensed Zumba® Fitness instructors to do a fundraising event. In 2012, he was asked if he would be willing to provide a line dance fitness class at the Ho`ola Fitness Center. This became the Scuff and Stomp line dance fitness class. In the spring of 2013, he became a licensed Zumba® Fitness instructor, and now provides classes at his church as part of its Fitness for Christ Ministry. Allan, who is also known as Keone to some, is a firm believer that no matter how old you are it is never too late to strive for a healthier life style.