

## NEWSMAKER

## A Healthy Balance

STORY BY  
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ANTHONY CONSILIO

World champion gymnast Lubov “Lubi” Gazov opens Golden Future Health/Dance Studio this week and hopes to inspire healthy change in the community.

At only 8 years old, Lubov “Lubi” Gazov began training professionally in rhythmic gymnastics. For a child constantly on the move, prone to doing a handstand or split on the fly, it seemed like a natural outlet to explore — especially after Gazov came out on top in her first-ever competition.

She eventually switched to aerobic gymnastics at age 12 (a discipline that combines movement and music versus apparatus such as a hoop, ball or ribbon), and what followed was a rather illustrious career. There were multiple med-

als and trophies, six world cup wins and, in 2014, the title of world champion. But while all of those accolades certainly made Gazov feel accomplished, it wasn’t all she wanted out of life.



**Success is not only trophies and medals. Success is also, for me, that power of satisfaction of helping others.**

and plans to start up a “killer core” class for adults in a couple of weeks at 10 a.m. Saturdays.

Gazov — who has a bachelor’s degree in sports science and kinesiology, and a master’s in health and fitness — foresees Golden Future evolving organically. There are some additions she definitely plans to make, adding classes for seniors and those with disabilities, for example.

Others are completely open to discussion. If someone is interested in personal training services, Gazov

will offer it. If a child has a desire to explore gymnastics at a competitive level, she’ll help them. The options are limitless, and Gazov, who currently teaches PE at Jefferson Elementary, also hopes to one day introduce her program to other schools

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“I have connections to the best people and together, we can create something very special in Hawai‘i,” says Gazov.

This all taps into a larger

(Above) Lubov “Lubi” Gazov smiles in Golden Future Health/Dance Studio. (Left) A scene from the 2014 Aerobic Gymnastics World Championships in which Gazov took first place. PHOTO COURTESY LUBOV GAZOV

goal Gazov has in mind: to put an end to childhood obesity. Throughout the world, she says, it is a growing epidemic. According to World Health Organization, in 2016, there were 41 million children under the age of 5 considered to be overweight or obese. With research indicating that children who grow up with weight problems will struggle with it as adults, it’s why Gazov feels special attention should be paid to keiki.

“I think if we put the seeds in right spot and if we water it right, we will have, one day, very beautiful flow-

ers,” says Gazov. “I want to be a very good example for them. I want to share my knowledge. I want to be a good leader to them.

“That’s why my company is called Golden Future because that’s the way we should go ... I want to make that change here in Hawai‘i.”

*Golden Future Health/Dance Studio is located at 808 Sheridan St. For more information on Golden Future, call 367-5715, email goldenfuturehi@hotmail.com or search for “Lubi Gazov” on Facebook.*