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NEWSMAKER

STORY BY **JAIMIE KIM FARINAS**

РНОТО ВУ **ANTHONY CONSILLIO**

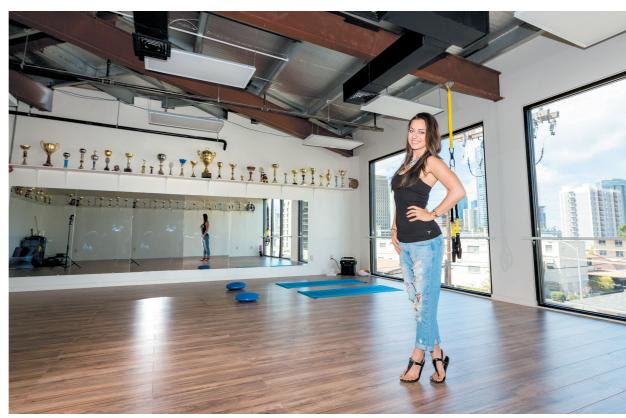
A Healthy Balance

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

t 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-

that with Golden Future LLC, a new venture that she hopes will inspire youth in particular to take health and fitness seriously. Drawing on years of experience, she plans to offer a variety of classes for adults and children, ranging in difficulty and type, at Golden Future Health/Dance Studio in Honolulu, which opens today, Oct. 25. Among them: lessons in hula, yoga, Pilates, neurofitness and, of course, rhythmic and aerobic gymnastics. Currently, Gazov is offering two courses for children - gymnastics basics at 5 p.m. Mondays and hip-hop at 5 p.m. Fridays —



(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



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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," says the Austrian native. "Success is the wish to get better; the patience and consistency to pursue your own goals. Success is also, for me, that power of satisfaction of helping others. That's success — it's what I can

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 for example.

Others are completely open to discussion. If someone is interested in person-Gazov plans to do just al training services, Gazov



at a competitive level, she'll and those with disabilities, 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

to bring anyone with knowledge to share to the islands.

"I have connections to the best people and together, we can create something very special in Hawai'i," says

This all taps into a larger

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 special attention should be paid to keiki.

goal Gazov has in mind: to

seeds in right spot and if we

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/ adults, it's why Gazov feels Dance Studio is located at 808 Sheridan St. For more information on Golden Fu-"I think if we put the ture, call 367-5715, email goldenfuturehi@hotmail. water it right, we will have, com or search for "Lubi one day, very beautiful flow- Gazov" on Facebook.