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**By ROMEO P. MARQUEZ**

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Dance is a good way to stay healthy and fit and that's what this Kayumanggi Dance Group does. Their very public performance was on Sunday ( Sept. 11, 2011 ) at Toronto's Cabbagetown Festival.

Here's the video that includes an interview with Annabelle Chipongian, the group's fashion designer. Click the link: <http://www.youtube.com/watch?v=1kEjX0KzlnQ>

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