

Zumba Injury Prevention

Zumba! It's a high energy aerobic workout that uses dance steps borrowed from the merengue, salsa and other dances. The Zumba exercise craze continues to grow in popularity and injuries as more than 12 million fitness buffs worldwide participate.

Before beginning any new exercise program, check with your doctor. If you are pregnant or have a major cardiovascular, pulmonary or metabolic condition, traditional Zumba may not be right for you. Consider taking Aqua Zumba or Zumba Gold, a low-impact version instead.

People who have existing knee, hip or ankle problems should be careful and check with their doctor to modify the dance routines by avoiding jumps, or swiveling hip movements.

Choose the right shoes

Choose thinly soled sneakers, dance shoes, or comfortable workout shoes without lots of tread to slow you down. Avoid running shoes, which are made for forward—not side to side—movement. Make sure to wear flexible shoes with the right amount of arch support.

Find a licensed instructor

To find a licensed Zumba instructor, go to Zumba.com

Prepare for class

Zumba instructors select dance steps from a variety of dance styles, including salsa, samba, merengue, hip-hop, tango, and belly dancing. Take a class or learn the dance moves before beginning.

Find the room to move

You need room to move. Make sure the room size is adequate for the number of dancers.



Avoid the wrong floors

Find a class with hardwood floors instead of a makeshift Zumba studios often found in churches, school auditoriums, or office buildings. Watch for wet floors from sweat, humidity and wet soles.

Pace yourself

Make sure you warm up and stretch first. Zumba classes typically start quickly without adequate warm-ups.

Drink water

You will sweat and can quickly become dehydrated. Bring a bottle of water and drink often. If you feel faint or lightheaded during your workout, stop.