

THE BENEFITS OF ZUMBA FITNESS IN REHABILITATION

Ana Maria Elena CALIN¹, Ana-Maria VLAD¹, Doroteea TEOIBAS-SERBAN^{1,2}, Corneliu-Dan BLENDEA^{1,2}

1. Clinical Regional Emergency Hospital Ilfov Bucharest, Romania

2. University of Medicine "Titu Maiorescu" Bucharest, Romania



Introduction

The Zumba program is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating dynamic, exciting fitness program.

A Zumba class—known as a Zumba Fitness-Party™—combines fast and slow rhythms

Rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits

Materials and methods

We performed a study regarding the different training techniques for patients in need of rehabilitation.

Cardio respiratory training impacts the cardiovascular system and respiratory system. It primarily utilizes the aerobic system for energy, meaning “with oxygen.”

Muscular fitness is made up of two elements: muscular endurance and muscular strength.

Flexibility refers to the ability to move your joints through full range of motion.

Conclusion

The Zumba program provides an efficient training technique regarding rehabilitation in different sort of physical and psychological issues and allows the participants to achieve the highest level of results possible.

Results

The Zumba program integrates some of the basic principles of aerobic, interval, and resistance training to maximize caloric output, cardiovascular benefits, and total body toning. The dance movements are easy-to-follow steps that are customized for each patient.

References:

1. www.zumba.com

