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Belly Dancing Exercises

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Belly dancing is a fun and innovative way to work out, burn calories and strengthen core muscle groups, including the abdominal muscles and the glutes. If you're looking for a fun and energizing new way to stay in shape, try belly dancing with these core moves.

Benefits of Belly Dancing

Before learning how to belly dance, it is essential to learn the benefits of belly dancing, since these benefits will help motivate and encourage you to continue. Dance experts at Art of Belly Dancing report that belly dancers who dance for over thirty minutes a day have stronger cardiovascular systems, improved stamina and are less likely to develop osteoporosis. In addition, belly dancers who eat a balanced diet can shed excess pounds and tone their bodies, according to Dr. Edward R. Laskowski of the Mayo Clinic. Although many consider belly dancing a simple exotic dance, the activity burns just as many calories as swimming, walking or cycling.

Choose the Right Music

Because belly dancing requires consistent movement, newcomers are advised to choose hypnotic, drum-based music that encourages fluidity. These songs generally have a good tempo and beat, and

Belly Dance Movements

Although belly dancing is mostly impromptu, all belly dancing exercises require a swaying of the hips in a hypnotic, rhythmic manner. To begin, stand with your hands on your hips and sway your stomach from side to side with the music. To tone your arm muscles, including your triceps and biceps, raise your arms above your head and move them fluidly with the music. Teachers at Art of Belly Dancing recommend rotating your hips in a circular motion along with the music to work the main abdominal muscles. You can also shake your legs with the music and rise on your toes to help strengthen the glutes and thigh muscles.