

# How Dance Affects Your Body During Pregnancy?



## Benefits



Reduces the risk of preeclampsia and gestational diabetes



Positively affects mental health and overall mood



Helps prevent constipation and hemorrhoids



Reduces leg cramps and swelling



Dancing during labor may reduce the intensity and duration of pain

## Possible Side Effects



Greater risk of injury as pregnancy hormones loosens the tissues



Body may tend to overheat because of increased blood flow



The heart pumps faster to provide more oxygen. Getting out of breath may harm the mother and baby

### References:

1. Dancing While Pregnant: Benefits and How to do it Safely; East Tennessee State University
2. Pregnancy and the Dancer; One Dance UK