

## Dance - the most physically demanding job in America

You see it on Facebook, Instagram and Twitter, lists such as the 10 most popular names or the most affordable cities for retirement. “The 27 most physically active jobs in America” Erin Brodwin and Andy Kiersz <https://www.businessinsider.com/most-active-jobs-in-america> looks at time spent walking or running, stamina, trunk strength and dynamic strength

The conclusion: dancing is number one in the ranking with choreography number 14. They used data from the Occupational Information Network — a U.S. Department of Labor database with comprehensive information on jobs. They looked at five types of physical activity — dynamic strength, explosive strength, time spent running or walking, stamina and trunk strength.



City Ballet of Cleveland’s “Sleeping Beauty” Fairies 2019

According to Brodwin and Kiersz, dancers’ top-rated activities are time spent running and walking, stamina, dynamic strength, and trunk strength.

For me, there is no surprise having danced since I was seven and have been a professional dancer with several ballet companies, I know firsthand the exertion, blood, sweat, strains, injuries and tears it takes to perfect my craft! Dancers work both aerobically and anaerobically.

The other top five include fitness trainers and aerobics instructors as two, structural iron and steel workers as three, reinforcing iron and rebar workers as four, and forest firefighters as five.



City Ballet of Cleveland “Uniquely Cleveland Nutcracker” 2018

Ballet dancers train to make their performance seem effortless so the spectator only sees the beauty of ballet. Dancers rehearse for weeks and sometimes months on end so they must be dedicated to health and fitness.

At number 14 is choreographers. They must show movements many times for the dancers including strenuous dance moves. Even when making corrections one must often show the movements to offer clarity.

Corp work from Waltz of the Flowers in “The Uniquely Cleveland Nutcracker” the Willis in “Giselle” and the fairy variations in “Sleeping Beauty” are examples. They are demanding by the length of the choreography and precision required. The pointe work adds another demanding aspect placed on the performers body.



“Giselle” City Ballet of Cleveland 2018