

# **Drumming for Wellness?**

It may be time to consider a new group exercise modality: drumming. Although the trendy new version of group fitness drumming, Pound, also known as Poundfit, has not yet been studied, researchers Mungas and Silverman examined mood states of 17 university students after a 45-minute group drumming session. The 12-item Quick Mood Scale was given before and after the drumming session and was used to assess students' levels of drowsiness, anxiety, depression, confusion, and aggression, among other constructs. Compared with the control group (which consisted of students playing beginner classical guitar music), the drummers were significantly more wide awake, relaxed, cheerful, friendly and clear headed after the 45-minute session of rhythmic drumming.

Although caution is advised in generalizing these psychological findings to the fitness setting and to more diverse groups, the positive results are promising. Group drumming is social and fun and involves a strong mind/body component. Studies are needed to quantify additional health and wellness benefits, as well as energy expenditures — especially when drumming combined with traditional fitness moves such as squats, lunges, low rows, and supine abdominal curl-ups, as in the Pound technique. Stay tuned!

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