

Put a Spark in your Step & a Smile on your Face!

Health Benefits of Dancing

**Mayo Clinic researchers reported
that social dancing helps to:**

Reduce stress *** Increase energy
Improve strength
Increase muscle tone &
coordination

Cardiovascular:

Italian researchers have found that just 21 minutes of dancing, three times a week, can match the cardiovascular benefits from working out on a treadmill or bicycle.

Muscle Tone:

Dance is a weight-bearing activity, which builds bones. It's also "wonderful" for your upper body and strength."

Plus, dancing requires using muscles that you may not even know you had.

"If you're dancing the foxtrot, you're taking long, sweeping steps backwards. That's very different than walking forward on a treadmill."

Weight Control:

A study by California State University shows that ballroom dancers can easily burn 250 calories to 300 calories an hour.

Keeping the Brain Active:

Dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity. This is especially stimulating to the mind. A study in the New England Journal of Medicine even found "dancing can reduce the risk of Alzheimer's disease and other forms of dementia in the elderly".

Physiological Benefits Too:

- Uplifting Social Activity
- Build Confidence
- Builds Self esteem and self worth (you like to dress up?)
- Done to music which can be therapeutic by itself

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OR

www.BayRiverBallroom.com