

# BUST A MOVE

*dance your way to health*



Dancing can be many things: an art form, a fun hobby, and a representation of culture. It can also be an excellent way to exercise. Dancing is the ultimate full-body workout. It gets every muscle moving and your heart pumping, and it's a whole lot of fun. What beats a workout that doesn't feel like a workout?! The style of dance you choose will influence the intensity, but virtually any form of dance can be an excellent workout for your body and your brain.

## Amazing BENEFITS OF DANCE

### PHYSICAL BENEFITS

- 1 Supports cardiovascular health
- 2 Improves balance & coordination
- 3 Better agility & flexibility
- 4 Builds core strength
- 5 Builds bone strength
- 6 Increases endurance

### MENTAL & EMOTIONAL BENEFITS

- 1 Improves memory
- 2 Boosts brain function
- 3 Helps manage anxiety & stress
- 4 Boosts self-confidence & self-esteem
- 5 Supports social connection



### WHAT THE RESEARCH SAYS

46%

People who engaged in moderate-intensity dancing were 46% less likely to develop heart disease.

98%

98% of dancers said dancing improved their mood. Many also reported greater confidence and compassion.

5 MIN

Dancing to music even for five minutes can boost happiness and improve creative-thinking and problem-solving.

76%

Frequent dancing reduced the risk of dementia by 76% - the greatest risk reduction of any cognitive or physical activity that was studied.

## 6 TIPS FOR DANCE FITNESS



### Shop Around

There are so many options to choose from! Online videos are a great way to sample dance fitness and learn what you enjoy and how your body feels. Many studios and groups also offer trials (free or at a reduced rate).

### Bring a Friend

If trying a new class is intimidating, consider asking a friend to join you. If you do venture into it solo, remember that many people will be in the same position and it's a great opportunity to make new friends.

### Dress Appropriately

For most dance fitness, you simply need comfortable athletic clothing and shoes. If you're trying a new class, check if any specific apparel or gear is needed. For instance, barre is typically done barefoot or with studio socks.

### Use the Mirror (or not)

Watching your reflection can help you see your movements and adjust as you're learning. For some, the mirror can be a distraction, causing you to get caught up on your missteps. In that case, step away or focus on the instructor's reflection.

### Stretch

It may not feel like it, but dancing is exercise, so it's still important to stretch before and after your workout. Starting class with "cold muscles" means you're not as limber and may increase your risk of injury.

### Be Patient with Yourself

At first, it's hard to memorize the steps and move fluidly, but don't quit! If you miss a step, take a minute to regroup and jump back in. With dance, it's not about being the best, but rather moving your body and feeling good.

Sources: [www.everydayhealth.com/fitness-pictures/health-benefits-of-dance.aspx](http://www.everydayhealth.com/fitness-pictures/health-benefits-of-dance.aspx) | <https://socialdance.stanford.edu/Syllabi/smarter.htm> | [www.goodnet.org/articles/dance-like-nobodys-watching-science-says-its-good-for-you](http://www.goodnet.org/articles/dance-like-nobodys-watching-science-says-its-good-for-you) | Images by Freepik