

Health Benefits of Dancing

Dance is a social, interactive, fun activity that has significant physical and mental health benefits.

1. It gives strength to the lungs and the heart.
2. It strengthens the body muscles.
3. It minimizes the chances of the disease osteoporosis as it makes the bones stronger.
4. It increases the flexibility, agility and the coordination in the body.
5. It increases spatial awareness.
6. It enhances physical confidence.
7. It enhances the functionality of mind and the nervous system.
8. It enhances the expenditure of energy and its flow in the body.
9. It can help you lose weight.
10. It enhances overall well-being.
11. It increases the levels of self-esteem and confidence.
12. It improves your social outlook.

Contact Your Local Chapter for more info:

USA Dance Royal Palm Chapter

www.USADance-RoyalPalm.org

**Dancing is a wonderful way to add years
to your life and life to your years!**

HAVE FUN!

LEARN TO BALLROOM DANCE

*Compliments of USA Dance
Social Dance Council*



You may contact USA Dance
Central Office at 800-447-9047 or
Email: Central-Office@UsaDance.org
Visit our website: www.usadance.org

*USADance is a 501(c)(3) non-profit
organization, committed to the advancement
of ballroom dance.*

USA Dance, Inc.
presents

*Health Benefits of
Ballroom Dancing*



DANCING *for* **AMERICA**[™]

Our Mission Statement: To increase the
quality and the quantity of ballroom
dance in the United States

WHY DANCE?

Dancing is a great way for people of all ages to get and stay in shape. Besides being fun, dancing has many positive health benefits. Following are the top health benefits of dance.

PHYSICAL BENEFITS...

Flexibility

Flexibility is an important part of being healthy. Dance requires a great amount of flexibility. Most dance classes begin with a warm-up including several stretching exercises. Dancers must strive to achieve full range of motion for all the major muscle groups. The greater the range of motion, the more muscles can flex and extend. Most forms of dance require dancers to perform moves that require bending and stretching, so dancers naturally become more flexible by simply dancing.

Strength

Strength is defined as the ability of a muscle to exert a force against resistance. Dancing builds strength by forcing the muscles to resist against a dancer's own body weight. Ballroom dancing builds strength.

Regardless of your age, dancing will be an excellent learning experience in

discipline, achievement, assuredness, and self-confidence.

Endurance

Dance is physical exercise. Exercise increases endurance. Endurance is the ability of muscles to work hard for increasingly longer periods of time without fatigue. Regular dancing is great for improving endurance, especially vigorous ballroom dancing. Elevating the heart rate can increase stamina. Just as in any form of exercise, regular dancing will build endurance.

MENTAL BENEFITS...

Save Your Brain

Dancing also offers a hedge against dementia per the 2003 Einstein Aging Study which indicated ballroom dancing helps prevent dementia. The requirements of ballroom dancing: remembering the steps, moving in precise time to the music and adapting to the movements of one's partner are all mentally demanding exercises. Therefore ballroom dancing offers both physical and mental stimulation.



Ballroom dance clubs provide a great social

network in a controlled environment that is free of smoking, alcohol, and drugs.

SOCIAL BENEFITS...

Social Skills

As a good dancer you will find yourself much appreciated at social functions and always popular. This will build "social confidence."

Ballroom dancing, a valuable lifetime social skill, will provide much joy and be useful during your entire life. It is a skill to be learned, practiced, used frequently, and treasured.

HEALTH BENEFITS...

Reduce Stress

Mayo Clinic researchers report that social dancing helps to reduce stress, increase energy, improve strength and increase muscle tone and coordination. Dancing is a social activity. Studies have shown that strong social ties and socializing with friends contribute to high self-esteem and a positive outlook. Dancing provides many opportunities to meet other people. Joining a dance class can increase self-confidence and build social skills. Because physical activity reduces stress and tension, regular dancing gives an overall sense of well-being. So if you're tired of the treadmill and looking for a fun way to stay fit and healthy, it might be time to kick up your heels!

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