

“So Why Dance?”

There are so many reasons why dancing is good for you, it's hard to know where to begin. It's great fun and good for the body as well as the mind. Besides being a good form of **exercise** and having a truly positive impact on our health, a recent study actually showed that it also makes us smarter (something to do with remembering the dance steps, thus exercising the brain).

So, why is it good for you to dance?

1) Great way to exercise and stay fit

Dance is a great way to stay in shape. If you don't like the gym, dancing can bring fun back into the exercise.

2) Burn calories and lose weight

Dancing is all about moving your body and moving your body is a great way to burn calories. How many will you burn depends on how vigorously you dance. In an one-hour session you can burn from 250 to 400 calories. Yes, losing weight can be fun and enjoyable.

3) Improved health

Dance can effectively promote good health by improving cardiovascular fitness, strengthening the muscles, increasing circulation, decreasing blood pressure, lowering the risk of coronary heart disease, reducing stress, and many other positive benefits.

4) Greater Coordination

Great for improving control over your body, timing and coordination skills. You will learn how to move with grace and poise.

5) Good for bones and joints

Dance is a weight-bearing activity, meaning it's great for your bones. Weight-bearing exercises has been proven to increase bone density and help reduce the risk of osteoporosis.

6) Build confidence

Dance builds confidence by giving you a sense of success and achievement when you master it.

7) Great way to meet new people

Dancing provides a natural **icebreaker** and is a great way to meet new people and make new friends.

8) Lifts your mood

Any exercise can raise your spirits by raising the endorphins or so called feel good chemicals. This can lighten your mood and reduce the risk of depression.

9) Good for your Mind

Dancing will keep your mind active. It will improve circulation to the brain and help stimulate the memory by remembering all the steps. Great mental exercise.

10) Improved overall well-being

Dance has an outstanding positive effect on both physical and psychological well-being.