

11 Reasons to Dance

1. Social Aspects – Square Dancing & Round Dancing are great ways to meet people in a non-threatening, relaxed social atmosphere. You never know who you are going to meet. Lifelong friendships are formed, and many have met the love of their life.

2. Healthy Environment – Square Dance & Round Dance clubs are smoke and alcohol free.

3. Stress Relief – Since these 2 dance forms, Square Dancing, & Round Dancing, are all led by a leader giving commands, you become so focused on the “task at hand” that your other mental worries are forgotten, at least for a couple of hours.

4. Cardiovascular Fitness – Dancing is a safe way to exercise. The level of exertion is up to each participant. You can rev it up for a high intensity workout or take it easy for a relaxing, yet beneficial workout. Dancing regularly can lead to a slower heart rate, lower blood pressure, and an improved cholesterol profile.

5. Body & Brain Boost – Square & Round dancers react to calls as they are given. This forces the body and brain to be tightly coordinated. A number of the calls are memorized which keeps the brain sharp.

6. Calorie Burn – Dancing burns between 200 and 400 calories every 30 minutes of dancing. That’s equivalent to walking or riding a bike.

7. Distance – The President’s Council on Physical Fitness and Sports recommends 10,000 steps per day to maintain physical fitness. It is estimated that a typical square dancer can expect to clock 9,000 to 10,000 steps per dance.

8. Sturdy Bones – The side to side movements of dancing strengthen weight-bearing bones, tibia, fibula, and femur, and help prevent the slow loss of bone mass.

9. Rehabilitation – Dancing is a way to get back in the swing of things if you are recovering from an injury. Dancing keeps your joints moving, and is nice alternative to jogging or other high-intensity activities.

10. Metal Health – Studies have shown that activities that involve both physical mental activity at the same time help to slow the onset of Alzheimer’s disease.

11. Balance – Studies have shown that adults who have a history of activities such as dance, tend to have less incidents of falling as they get older.