

health brief

Dance— It's Good for the Heart

by Chris Lechner

Not only is dance good for the physical body, but it is also beneficial to emotional health as well. Studies show that when couples dance together and in close contact, there is a release of oxytocin which creates a feeling of well-being and joy. There is also a benefit to heart health—not just benefits to the physical heart from the exercise that dancing provides, but also the emotional heart.



When a couple is dancing, they have the physical connection of touch, plus a non-verbal connection called “lead and follow”, which the partnership communicates through body language and movement.

Many people in the dance community have said that they started dancing after their children had grown and moved from home. Some parents outside of work are occupied by taking their kids to some sort of school activity, sporting event or outing. After children make their own way, some parents feel like they don't have much in common anymore and dancing is a way they could reconnect. Some couples meet while dancing after their significant other has passed and it can help them to become social again.

After a stressful day, there is no better place to be than the dance floor. We can put our electronic device on the table and be in the moment, whether dancing a romantic rumba, spicy tango or magical waltz. Some of the side effects of dance include a boost in self-confidence, self-discipline, less stress, more mental acuity and the strengthening of the physical body.

Chris Lechner and Music In Motion Dance Studio will host a Valentines Dance Social on February 9. Admission is \$10 and \$8 for active/retired military, first responder and USA Dance members. A newcomer group class will begin at 7 p.m. and an intermediate group class at 7:30 p.m., followed by social dancing from 8 to 10:30 p.m. Music in Motion is located at 1980 W. River Rd., Ste. 140, Tucson. Connect at 520-447-7841 or MMDanceAZ.com. See ad, page 10.