

health brief

Dance Your Way to a Healthier Lifestyle



Couple's first private lesson

Dance is one of those things that some people don't want to do, whether it be out of fear of looking goofy or standing out. In reality, we are all a little goofy or stand out in our own way and through dance it can be harnessed and expressed. There are some people who just have the natural ability to be as smooth as silk and the rest of us have to work at it.

There are many benefits related to dancing, according to studies. Let's start with the basic: it's exercise. According to the Mayo Clinic, adults are supposed to get roughly 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity per week; dance definitely falls into that category.

Newcomers to dance will quickly find that there are previously undiscovered muscles in their bodies, even if they do other sorts of exercise regularly. Dancing aids in building our core muscles in the abs and back, which has the added benefit of a better posture and balance. Some dances are more aerobic than others, but they all have one thing in common—exercise.



Dancing is good for the brain. A study in *The New England Journal of Medicine* found that ballroom dancers that were at or above 75 years young had sharper minds than those that didn't dance, and

had a reduced risk of dementia. They go on to say this could be from increased blood flow to the brain from the physical exercise; eliminating stress, depression and loneliness from the social aspects of dancing; as well as the mental challenges of memorizing the dance steps. Self-confidence and self-discipline are also beneficial side effects of being a dancer.

From dancers who just do it for the social aspect, to the serious competitors who are striving to be the best, the commonality with them all is that everyone has a smile on their face when they are dancing. The hardest step for any new dancer is the one that gets them in the door—after that it's all about the positive experience.

Music In Motion Dance Studio LLC, an independent dance studio serving Tucson and surrounding communities, will be hosting a holiday party on December 22. Youth dancing series begins in January. Register now. Country socials are also starting in the new year on the first Saturday of the month. Location: 1980 W. River Rd., Ste. 140, Tucson. Connect at 520-447-7841, Info@MMDanceAZ.com, MMDanceAZ.com or Facebook: Music in Motion Dance Studio. See ad, page 9.