



## BENEFITS OF Line Dancing

1. **Social Aspects:** Dancing is a great way to meet people in a relaxed social atmosphere. Lifelong friendships are formed.
2. **Stress Relief:** Since dancing instructor is giving you commands you become focused on the task at hand and your other mental worries are forgotten, at least for a couple of hours.
3. **Cardiovascular Fitness.** Dancing is a safe way to exercise. The level of exertion s 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.
4. **Body and Brain Boost:** Dancers react to the calls as they are given. This forces the body and brain to be tightly coordinated. As the majority of the steps are memorized it helps keep the brain sharp.
5. **Calorie Burn:** Dancing burns between 200 to 400 calories every 30 minutes
6. **Distance:** The president's council on physical fitness and sports recommends 10,000 steps per day to maintain physical fitness. It is estimated a dance can clock 9,000 to 10,000 per dance.
7. **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.
8. **Rehabilitation:** Dancing is a way to get back in the swing of things if you ae recovering from an injury. Dancing keeps your joints moving and is a nice alternative to jogging or other high-intensity activities.
9. **Mental Health:** Studies have shown that activities that involve both physical and mental activity at the same time help to slow the onset of Alzheimer's disease.
10. **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.