

## Health benefits of taking dance classes

- Dance is physical exercise which increases endurance. Dancing is a low-impact aerobic activity that can burn 200 – 400 calories every 30 minutes. It improves your heart rate and cardio vascular system & muscles. Dancing strengthens weight-bearing bones and prevent osteoporosis.
- Strength is defined as the ability of a muscle to exert a force against resistance. It builds strength by forcing the muscles to resist the dancers own body weight.
- Flexibility- achieve full range of motion for all major muscle groups.
- Studies show that strong social ties and socializing contribute to high self-esteem and positive outlook. Joining a dance class can increase self-confidence and builds social skills. Physical activity reduces stress and tension and an overall sense of well-being.
- Improves posture.
- Dance your way to a healthy heart, improves your breathing and quality of life, you sleep better and have a better mood. Increases longevity and stamina. People with heart failure who get regular exercise live longer and have better quality of life than those who remain sedentary.
- Effective way of getting exercise and more fun than running on a treadmill. Dancing and exercising both help heart failure patients to utilize their oxygen more efficiently allowing them to exercise more without running out of breath.
- Anti-aging benefits- dance is the only physical activity that benefited the brain. This is attributed to the cerebral rather than the physical aspect of dance. The need to learn more and remember numerous dance movements produces a constant challenge to the brain. So dance is not only physical but requires mental effort.
- Positive energy.
- Belly dance is a fun healthy way to exercise, gently stretches and uses vulnerable muscles groups. It exercises the carrying muscles without impact, builds the back muscles, exercises the arms and aids digestion. Improves posture and muscle toning. It's estimated that you can burn up to 300 calories per hour- great for weight loss & helps for childbirth preparation & a great stress reducer

Athletes this one is for you:

- Core training- Increase your Athletic performance through core training, reduce sport injuries with a strengthened and balanced core. It's an essential part of training for dancers, gymnast and football players. It has profound benefits for both male and female fitness at all levels. It improves flexibility, respiration and lung capacity, lower back stabilization, improves physical strength, balance, flexibility and coordination. Any sport that requires aerobic performance and flexibility is improved with core training. The result is upgraded athletic performance.

## So why aren't you dancing???