

LINE DANCING FOR HEALTH

PHYSICAL, MENTAL & EMOTIONAL WELLNESS

Those of us who are already line dancers know the benefits. It isn't simply getting some exercise. Learning different types of dance routines can rejuvenate the body and mind. While many may start out with the intention of taking a session of classes for several weeks, many more find themselves becoming addicted to line dancing because they love the variety of music, the confidence that grows from mastering a dance, the friendships that start to form and more. If you're someone contemplating joining a line dance class, below are some great reasons. For those of you already line dancing, know that you're doing one of the best activities you can for total body wellness.

Dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity. Studies have shown dancing can reverse the signs of aging in the brain. Research also shows that it helps with stress, anxiety, and depression, which many line dancers will confirm! Physical activities like playing tennis or golf, swimming, bicycling, dancing, walking for exercise and doing housework were studied. Of all the physical activities, dancing involved the most mental effort.

You may have asked yourself, why teach line dancing at a senior center or seniors' club? Isn't that outdated? Aren't we onto newer things? Guess what. Line dancing may surprise you with all it has to offer, and how it can benefit you and your mental/physical health. Many people love to line dance. It is fun, good exercise and is a great form of dance all on its own. Below 7 benefits of line dancing are identified for you. **Line Dancing will:**

1. **Teach you to dance.** Line dancing teaches you to move your body.
2. **Improve your Balance:** teaches you how to maintain balance while moving to the beat.
3. **Help you Find the Beat:** Staying on beat (on time) is critical in any dance whether by yourself or with someone else.
4. **Teach you basic footwork.** Learn how to do triple steps, turns and spins, rocking steps and many other steps that you will use in every form of dance.
5. **Improve your confidence.** Helps overcome the feeling of having "two left feet" and improves coordination.
6. **Provide you with a dance outlet whether you have a partner or not.** There is a line dance for just about any song genre you can think of. Many line dances are timed so they can fit multiple songs providing countless dance opportunities.
7. **Provide you a way to practice.** Practice helps improve your skills, and line dances are structured enough to take beyond the class and into a variety of settings.

Line dancing is internationally popular with
men and women of all ages!

If you haven't already taken a line dance class, now is the time to start this fun adventure. Take advantage of the opportunity to try something new and have fun while doing it!