

Dance your way to a happier, healthier you

You don't need to know the moves to the latest social media video to reap the benefits of dance. Be it hip hop, tap, ballet, ballroom, swing or something else, studies show that dancing can improve your physical and mental health. And as we grow older, dance enables us to maintain flexible and strong bodies and improves our balance.



Photo above by FatCamera, below by Andreswd, courtesy iStockphoto

Quick facts on dancing:

1 Dancing can lower the risk of dying from heart ailments even more than walking can. Those big bursts of energy that come from dancing to your favorite songs can really improve heart and lung health as well as your coordination.



2 The movements in dance release endorphins that help you feel happier and mentally sharper. And when dancing in groups, the activity can bring about feelings of connection with others, which we all need regardless of age.

3 You can also bring dance into everyday life. Bust a move while folding laundry, walking your dog or doing dishes.

4 Not a dancer? Enjoy the rhythm of life. Rain, wind and bird songs all have a rhythm or beat. Lean into it, feel it and just let your body move.

5 You don't need to be a skilled dancer to step away from your chair and find your footwork. Bopping to your favorite beats is a great way to get moving and stay healthy. Make time every day to boogie just a little bit.

