

# TIME TO FILL YOUR DANCE CARD

For movement motivation grab a friend, a partner, or simply sway to the rhythm. Get your body moving and feel the physical and emotional health benefits without saying that dirty word “exercise”. Dancing is a fun way to keep fit and also keeping your balance in check. It is perfect for all shapes, sizes and ages. I remember going to the local community hall along with my Grandmother, watching the couples glide around the dance floor, sawdust spread on the wooden floors. I remember the great mix of people and ages, some which seemed to have great effort in walking yet when on the dance floor the music took them over and the support of a partner kept them stable. Smiles and laughter all around. Now these dance evenings are largely gone, but there are a number of smaller classes in local areas. You don't even need classes, remember that saying “dance if no-one is watching” releases the inner you and start to sway, move and feel the giggles start to rise. Let the music and dance to flow. Dancing improves the muscle tone, improves your strength, fitness and endurance. Dance increases endorphin levels elevating mood reducing stress and depression. It doesn't have to cost a thing as it can be solo activity as well as an at home activity.

## The health benefits of dancing have long been spoken about and include:

- general aerobic fitness and energy,
- Improved heart and lung condition
- Improved circulation and lubrication of joints
- Weight management
- Stronger bones & reduced osteoporosis risk
- Better coordination and flexibility reduced stiffness
- Improved balance
- Increased confidence
- Improved memory and mental health
- Improved psychological wellbeing
- Decreased depression
- Reduced falls risk, and overall
- Improved harmony between mind and body leading to improved wellbeing and quality of life.

## Just remember:

- Don't over do it. Too fast too soon.
- Ask your doctor
- Wear layers so you can peel them off when the blood starts pumping
- Do some stretches first or move slowly into the routines
- Drink plenty of water
- Wear protective and supportive shoes
- Don't worry about getting it right at first, just enjoy the movement and the moment.
- Maybe if at a class sit and watch a new dance first.
- Cool down at the end.
- Be as graceful as a swan or as freeflow fluid as a hippy.

**Just enjoy.**

