

DANCE

for
your
life!

Find the beat

Dancing and other aerobic exercises — which get your muscles pumping and pulse thumping — are best for your heart. Do at least 30 minutes of moderate aerobic exercise most days. Push yourself a little, but no need to get out of breath.



Step into fitness

Not sporty? It's ok. Everyone can dance. Following simple dance steps and moves can help you become more flexible, improve your balance, tone your muscles, correct poor posture and help you maintain a healthy weight.



Stretch your brain

Remembering dance steps and focusing on rhythm is great exercise for your brain. Sometimes, when you get older, the part of your brain that controls learning and memory shrinks. Research shows that physical activity, such as dancing, may help stop it.



Kick up your grades

Concentrate better and score higher on academic skills tests — especially in reading. A little physical activity each day can help, say researchers. Another study shows that physically fit kids are better at math.



Shake off stress

Just try *not* to smile when doing the Whip or Nae Nae. Dancing releases endorphins, the chemicals in your brain that help you feel good. Endorphins can help chase away feelings of depression and anxiety.



Take a breather

Dancing can help you sleep better at night. Up to 83 percent of people who exercise say they sleep well. (Only 56 percent of non-exercisers say the same, even though they tend to feel sleepier.)



Spin some family fun

Dancing together is more fun. Grab a partner or get your whole family involved. Age doesn't matter. Even 2-year-olds can move to music.



Sources
nlm.nih.gov/medlineplus/ency/patientinstructions/000763.htm
ncbi.nlm.nih.gov/pmc/articles/PMC4005962/
ncbi.nlm.nih.gov/pmc/articles/PMC2667807/
ncbi.nlm.nih.gov/pmc/articles/PMC4534422/
health.clevelandclinic.org/2013/03/5-ways-exercise-affects-sleep/