

Look and Feel Younger: Come Dancing!

Would you like to look and feel younger? Studies continue to prove beyond any doubt, that exercise is the best anti-aging tool available, and that dancing tops the list of best choices.

The *Readers Digest* tells us that tap dancing can burn 360 calories in an hour. Studies by the *Business Committee for the Arts* have shown that workers who study the arts perform 30% better. SAT scores are found to be considerably higher in students who dance, The risk of dementia is lower in those who study dance, and *The Einstein Study (2003 NE Journal of Medicine)* shows that the anti-aging benefits of dancing surpass all other activities tested, due to it's uniquely combined mental and physical application.

Dancing is art, and it's exercise, but it's so much more. Why Dance? While having fun, you will enjoy endless anti-aging benefits! All types of dancing have five sets of undeniable and youthful rewards. Physical benefits: balance, coordination, posture, strength, flexibility. Artistic benefits: self expression, creativity, communication, musicality. Intellectual benefits: critical thinking skills, problem solving, concentration, focus, self-discipline, memorization. Emotional benefits: confidence, commitment, determination, self-respect, joy. And Social benefits: camaraderie, responsibility, respect for others, teamwork and tolerance.

Dance Education naturally inspires good habits and a youthful persona. At EVERY age and ability, in every form, dancing can be an exciting and joyful addition to your life.

Submitted by: Bonnie Gray

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