Growing evidence suggests that the generation edging toward retirement may be in worse health than their parents. Although less likely to smoke, they are more likely to report less stamina, difficulty climbing stairs, and getting up from a chair. They experience more chronic problems such as high cholesterol, blood pressure, and diabetes.

One-dimensional approaches to health and fitness such as working out at the gym, running or strenuous games like tennis, can lead to physical injury and do not address the social or psychological dimensions related to health. **The ideal prescription** for improving or maintaining health is to find an activity that combines all three dimensions – *physical, mental and social.*

The multi-dimensional approach to healthy living is called Social Dancing and incorporates the three holistic dimensions – **Physical, Psychological and Social.**

Dancing is the perfect combination of physical activity, social interaction and mental stimulation!

A full body workout for the mind, body and spirit!

Discover the many positive benefits!

Benefits of Social Dance

Physical Health

Low-impact aerobic activity

Improves cardiovascular system

Exercises and tones all of your major muscle groups

Improves flexibility, agility, strength, balance, and posture

Mental Health

Engages creativity, motivation, memory and energy

Relieve stress, depression, and loneliness through social interaction

Improves mental acuity throughout your life and decreases risk of dementia in senior citizens

Build confidence that will translate to other areas of life

Social Benefits

Meet fun new people and friends

Spend your evenings out on the dance floor

Attend parties and dance events

Spend time with creative, energetic people who will improve your overall mood

www.webmd.com/fitness-exercise/features/dancing-your-way-to-better-health

YOUR PRESCRIPTION FOR BETTER HEALTH

DANCE:

- ✓ *Have Fun*
- ✓ *Laugh More*
- ✓ *Make Friends*
- ✓ *Exercise More*
- ✓ *Reduce Stress*
- ✓ *Improve memory skills*

Discover a truly holistic approach.

You will be surprised!

BALLROOM DANCING
IMPROVES YOUR BODY

HEALTH
Burns Calories
Increases Blood Flow
Reduces Stress

MENTAL
Reduces Risk of Dementia
Raises Serotonin Levels
Releases Endorphins

COORDINATION
Improves Balance
Increases Flexibility
Enhances Agility

EMOTIONAL
Make New Friends
Increases Confidence
Boosts Energy

PHYSICAL
Improves Muscle Tone
Increases Strength
Better Posture

Physical Benefits
Low impact exercise

☑ Increase lung capacity

☑ Improve muscle tone

☑ Maintain joint flexibility

☑ Improve bone density

☑ Improve balance and coordination

☑ Develop new motor skills

☑ Increase blood flow through relaxed body rhythm

"Dancing is an activity that addresses most of the conditions of poor physical health while minimizing the obstacles presented by many other types of physical activity." Chris Collins M.Sc.

"Dance is a weight-bearing activity, which builds bones." Catherine Cram, MS, exercise physiologist

"Any weight-bearing exercise, including dancing, is a major benefit as one ages." Dr. Lewis Maharam, New York City sports medicine specialist

Psychological (Mental) Benefits
Lower stress

☑ Develop mental agility
translating oral commands into action

☑ Reduce age-related memory loss
remembering calls and cues

☑ Focus on dancing reduces outside worries
leave your problems at the door!

☑ Reduce depression and loneliness
dancing is a group activity

☑ Meet a challenge and achieve success
learning becomes fun

"...dancing [is one of] the few activities shown to involve both physical activity and mental stimulation significant enough to reduce the risk of dementia — a true two-for-one example of using it or losing it." Dr. Mehmet C. Oz

"Dancing reduces dementia risk by 76% - Board games by 73% - Playing a musical instrument by 69% - Working crosswords by 38%." The Washington Post

"Health benefits of Dance"
Boost Memory
Improve Flexibility
Reduce Stress
Diminish Depression
Help your Heart
Lose Weight
Balance Better
Increase Energy
Make Friends

Dancing Makes You SMARTER
The 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine.

% = Reduced Risk of Dementia
0% in Bicycling, swimming or playing golf
35% in Reading
47% in Doing crossword puzzles at least four days a week
76% in Dancing Frequently

Dancing:
- Reduces stress and depression
- Increases energy and serotonin
- Improves flexibility, strength, balance, endurance
- Strengthens bones and boosts cardiovascular health
- Increases mental capacity by exercising our cognitive processes
- Dynamic and rapid-fire decision making, creates new neural paths

David Avocado Wolfe

Celebrate Life Through Dance

*We do not grow too old to dance.
We grow old because we do NOT dance.*

To Live is to Dance. To Dance is to Live!

Social Benefits
Connect with others

☑ Make new friends and expand social contacts

☑ Reduce inhibitions

☑ Develop new social groups

☑ Create social ties and business contacts

☑ Find opportunities to get involved and make a difference

☑ Have fun

"Dancing contributes to a more healthy and independent lifestyle." Dr. Lewis Maharam, New York City sports medicine specialist

"Laughter may help prevent heart attacks." Dr. Michael Miller, Centre for Preventive Cardiology, University of Maryland

"Maintaining social connections has an important effect on quality of life." Laura Mosqueda, MD, Geriatrics and Family Medicine Center, University of California, Irvine