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!



YOUR PRESCRIPTION FOR BETTER HEALTH



DANCE:

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

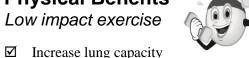
Discover a truly holistic approach.

You will be surprised!





Physical Benefits



- Improve muscle tone
- Maintain joint flexibility
- Improve bone density
- Improve balance and coordination
- Develop new motor skills
- Increase blood flow through relaxed body rhythm

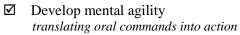
"Dancing is an activity that addresses most of the conditions of poor physical health while minimizing the obstacles presented by many other types of physical activity." Chris Collins M.Sc.

"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

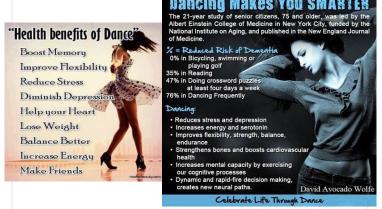
Lower stress



- 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-forone 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



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
- $\mathbf{\Lambda}$ Reduce inhibitions
- Develop new social groups
- Create social ties and business contacts
- Find opportunities to get involved and make a difference
- $\overline{\mathsf{V}}$ 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

