

TEN REASONS TO DANCE

- 1. Social Aspects** – Square Dancing is a great way to meet people in relaxed, social atmosphere. You never know who you are going to meet. Lifelong friendships are formed, and many have met the love of their life. There are clubs for singles, couples, and youth.
- 2. Healthy Environment** – Square Dance clubs are smoke and alcohol free. While it is a laid-back setting, people genuinely care about each other. It's a positive environment.
- 3. Stress Relief** – Square Dancing is led by a leader giving commands, you become so focused on the “task at hand” that your other mental worries are forgotten, at least for a couple of hours.
- 4. Cardiovascular Fitness** – Dancing is a safe way to exercise. The level of exertion is up to each participant. You can rev it up for a high intensity workout or take it easy for a relaxing, yet beneficial workout. Dancing regularly can lead to lower blood pressure and an improved cholesterol profile.
- 5. Body & Brain Boost** – Square dancers react to calls as they are given. This forces the body and brain to be tightly coordinated. A number of the calls are memorized which keeps the brain sharp.
- 6. Calorie Burn** – Dancing burns between 200 and 400 calories every 30 minutes of dancing. That's equivalent to walking or riding a bike.
- 7. Distance** – The President's Council on Physical Fitness and Sports recommends 10,000 steps per day to maintain physical fitness. It is estimated that a typical square dancer can expect to clock 9,000 to 10,000 steps per dance.
- 8. Rehabilitation** – Dancing is a way to get back in the swing of things if you are recovering from an injury. Dancing keeps your joints moving, and is nice alternative to jogging or other high-intensity activities.
- 9. Mental Health** – Studies have shown that activities that involve both physical mental activity at the same time help to slow the onset of Alzheimer's disease.
- 10. Friendly Competition** – While most dancing is just recreational, some dancers have decided to make a competition out of it. The Pacific Northwest Teen Competition is the oldest in the country. Now, state conventions & the National Square Dance Convention are hosting friendly competitions. Check out YouTube for the latest videos.