

Dance for Seniors

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Why Dance?

Dance improves our physical, mental, and social-emotional well-being!



A single session of moderate to vigorous physical activity provides immediate benefits for your health... regular physical activity helps prevent many chronic diseases.

- US Centers for Disease Control & Prevention

Physical Benefits

Dance...

- Helps develop bodily and spatial awareness
- Is variable, not repetitive
- Improves cardiovascular health
- Improves balance
- Improves flexibility
- Builds strength
- Builds endurance
- Encourages us to move BIG
- Reinforces good posture
- Helps train proprioception (reduction in falls)
- Increases levels of HDL cholesterol
- Decreases serum glucose, serum triglycerides, and LDL cholesterol
- Improves sleep quality



“Moving to music requires coordination of varied neural activities, involving the brain’s reward center, along with sensory and motor circuits. All that synchronizing enriches the experience and increases the pleasure. This coupling not only feels good but is good — for the brain.”

- AARP Global Council on Brain Health

Mental Benefits

Dance...

- Stimulates both halves of the brain
- Creates new neural pathways
- Releases increased levels of serotonin and dopamine compared to other modalities
- Reduces cortisol levels
- Variable, not repetitive
- Develops mental flexibility
- Requires quick retention of choreography (short-term memory)
- Incorporates multitasking
- Boosts problem-solving skills
- May lower risk of dementia
- Can help those with dementia tap back into their senses and personalities



"Even though we could recognize that we were very different people, it was more important for us to look at what we had in common: movement."

- Tucker Frye

Social-Emotional Benefits

Dance...

- Is fun
- Improves mood
- Creates social connections
- Encourages play
- Fosters creativity
- Builds confidence and self-efficacy
- Creates community
- Fends off depression and apathy
- Connects us to memories through music



Why Dance?

Plus, dance...

- Is available year-round
- Encompasses a wide variety of styles (ballet, tap, jazz, musical theatre, ballroom, zumba, hip hop, line dancing, etc...)
- Offers seated options if balance is a concern
- Requires no tools to get started, just your body!



*"Dance has far-reaching health benefits. **If you stick to a physical activity**, the long-term, physical health benefits will reduce the risk of health conditions related to sedentary behavior, the social connectedness and psychological effect of dance will alleviate the symptoms of mental health conditions, and improvements in cognition could aid the independence of older adults... Structured dance can be considered an evidence-based alternative for individuals who might prefer it to more traditional forms of exercise."*

- Dr. Alycia Fong Yan,
Faculty at University of Sydney and Sydney Musculoskeletal Health

So, what is the number one
reason to dance?

The best exercise is one you will want to do regularly.

Sources

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Let's Dance!



Que Sera Sera



Pink Panther Theme



Route 66



Stayin' Alive