Health Benefits of Dancing

Dance is a performance art form consisting of purposefully selected sequences of human movement. This movement has aesthetic and symbolic value, and is acknowledged as dance by performers and observers within a particular culture.

A Person who is Dancing regularly can expect to see a significant improvement in their overall physical health. Regular dance practice can increase your flexibility, range of motion, physical strength and stamina.
The repetitive movements involved in dance can improve muscle tone, correct poor posture, increase balance and coordination and improve overall cardiovascular health.

Benefits of Dancing

Boost Memory

Dancing may boost your memory and prevent you from developing dementia as you get older. Science reveals that aerobic exercise can reverse volume loss in the hippocampus, the part of the brain that controls memory. The hippocampus naturally shrinks during late adulthood, which often leads to impaired memory and sometimes dementia.

Improve Flexibility

Dance teaches flexibility which is required for many of the high kicks and other more flamboyant moves. Most dance classes will also incorporate lengthy warm-up sessions which tend to also consist of a lot of stretching.

By increasing your flexibility you will not only increase your athletic performance, but also avoid a range of injuries. For those interested in building muscle at the gym, increased flexibility can lead to improved range of motion through the exercises and thus fuller-looking muscles.

Diminish Depression

Dancing really does lift your spirits, according to a study in that tested the effects of dancing on people with depression. Patients who participated in an upbeat group dance showed the fewest depression symptoms and the most vitality.

Reduce Stress

If you're feeling tense or stressed out, Dancing can help to bring about stress relief.

Help Your Heart

Dance is a great activity for those at risk for cardiovascular disease. People with heart failure who took up waltzing improved their heart health, breathing, and quality of life significantly compared to those who biked or walked on a treadmill for exercise.

Lose Weight

Losing weight is often a very demoralising and miserable process. It involves cutting all the things you love out of your diet, going on long, tiring runs, and generally being strict with yourself in a number of ways. Many people find that they don't lose weight very fast when following these sorts of training regimes and diet plans.

An exercise program of aerobic dance training is just as helpful for losing weight and increasing aerobic power as cycling and jogging.

You'll go to dance classes for the sake of dancing itself, and thus you'll have introduced regular exercise into your weekly schedule. This will result in weight loss on its own as you burn calories in every class.