



Square Dance Fitness Facts

- **Calories** - Dancing can burn as many calories as walking, swimming or riding a bicycle. One factor that determines how many calories you'll burn is the distance you travel. Recently we had a few dancers wear pedometers during a dance each one covered five miles in a single evening!
- **Cardiovascular Conditioning** - Regular exercise can lead to a slower heart rate, lower blood pressure and improved cholesterol profile. Experts typically recommend 30 - 40 minutes of continuous activity three or four times a week. The degree of cardiovascular conditioning depends on how vigorously you dance, how long you dance continuously, and how regularly you do it. If you come to class or workshop then attend a dance weekly you' re half way there!
- **Strong Bones** - The side to side movements of many dances strengthens you weight bearing bones (tibia, fibula and femur) and can help prevent or slow loss of bone mass (osteoporosis).
- **Rehabilitation**- If you're recovering from heart or knee surgery, movement may be part of your rehabilitation. Square dancing is a positive alternative to aerobic dancing or jogging.
- **Sociability** - Dancing contains a social component that solitary fitness endeavors don't. It gives you an opportunity to develop strong social ties which contribute to self-esteem and a positive outlook. Companionship that regular square dancing offers is an antidote to depression and loneliness. Additionally, laughing at least 10 times a day keeps macrolytes high enough to prevent a person from catching most viruses and infections.
- **Memory** - Remembering all the calls keeps the mind sharp, potentially staving off age-related memory loss.