

Dance for Older Adults "An alternative to traditional exercise"





Dancing is a safe and fun alternative to traditional forms of exercise.



Dance classes provide opportunities for physical activity and social interaction.



Participating in dance can support successful aging.

Benefits Improved balance Increased lower body muscular strength Faster and more stable walking Physical Improved cardiovascular fitness Bone density maintenance Improved attention Cognitive Faster reaction times Improved memory

Increased motivation and improved mood Social and Emotional Opportunities to socialize in and out of dance classes

Dancing provides similar physical health benefits to traditional forms of exercise.

Dance Classes for Older Adults



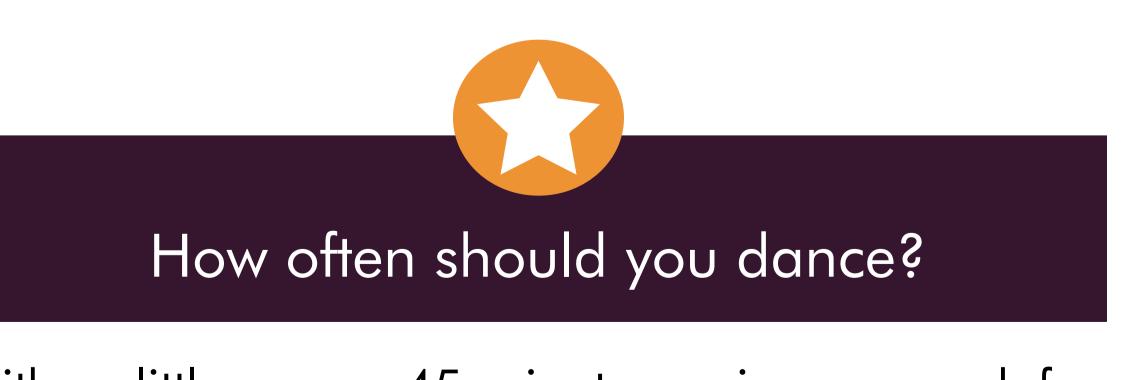
Everyone!

No previous experience is required to receive the benefits of participating in dance. Dance is easily adapted to a number of health conditions including limited mobility, disability, and Parkinson's disease



Any Style!

It could be tango, salsa, creative dance, contemporary, jazz, ballroom, traditional and cultural forms, or any other style. There is currently no evidence to show that one specific style of dance provides greater benefits over other styles.



Benefits can be seen with as little as one 45-minute session per week for six weeks. Long-term dancing as well as longer and more frequent classes may provide even more benefit.

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Jamie Hawke 2019

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