



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

Physical

- Improved balance
- Increased lower body muscular strength
- Faster and more stable walking
- Improved cardiovascular fitness
- Bone density maintenance

Cognitive

- Improved attention
- Faster reaction times
- Improved memory

Social and Emotional

- Increased motivation and improved mood
- 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

Who should dance?

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.

What kind of dance should you take?

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.

How often should you dance?

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.

Sources

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