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## HEALTH BENEFITS OF SQUARE DANCING

### CALORIES

Dancing can burn as many calories as walking, swimming or riding a bicycle. During a half hour of sustained dancing you can burn between 200 and 400 calories. One factor that determines how many calories you'll expend is distance. In one study, researchers attached pedometers to square dancers and found each person covered nearly 5 miles in a single evening!



### STRONG BONES

The side to side movements of many dances strengthen your weight bearing bones (tibia, fibula and femur) and can help prevent or slow loss of bone mass (osteoporosis).



### CARDIOVASCULAR CONDITIONING

Regular exercise can lead to a slower heart rate, lower blood pressure and an improved cholesterol profile. Experts typically recommend 30-40 minutes of continuous activity three to four times a week. Dancing may not provide all the conditioning you need, but it can help. The degree of cardiovascular conditioning depends on how vigorously you dance, how long you dance continuously and how regularly you do it.



### 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.



### REHABILITATION

If you're recovering from heart or knee surgery, movement may be part of your rehabilitation. Dancing is a positive alternative to aerobic dance or jogging.

The study was based on their physical examinations which indicated that both female and male square dancers would expect to live well into their 80's. The square dance movements raise the heart rate like any good aerobic exercise should. All the quick changes of direction loosen and tone up the muscles - but not so severely as to cause injury. In square dancing, when you're not moving you're clapping hands or tapping feet, which all contributes to long term fitness.

### LIVE 10 YEARS LONGER

(printed from the USDA News, reprinted from Dancin' of Central Florida)

Square Dancing will add 10 years to your life, a surprising new study shows. Dr. Arron Blackburn states, "It's clear that square dancing is the perfect exercise. It combines all the positive aspects of intense physical activity with none of the negative elements."

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