

## THE HEALTH BENEFITS OF DANCE AND DANCE FITNESS CLASSES

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It's Monday morning and you are dragging yourself out of bed to head to school or work. You think to yourself, "It's going to be a long week. I can't wait until Friday." What if you had something to do before Friday that would help improve your mood and your energy level on a daily basis? Group dance and dance fitness classes could be for you! Not only are group dance and dance fitness classes good for your physical health but your mental and emotional health as well. Merge Dance Studio, "Where Dance and Fitness Merge", in the Manayunk area of Philadelphia, PA offers an array of dance and dance fitness classes aimed at helping everyone experience the benefits and joy of dance.

How often do you come home from the gym saying, "I had so much fun working out today"? Going to the gym can sometimes feel like a chore. Ditch your boring gym work-out and try a dance and/or dance fitness class next time. You will find yourself getting a great heart-pumping work-out without even thinking about working out all while improving your physique and your health. There is always something you can work on and build on in dance which will keep it from ever getting boring like gym work-outs often do. Dancers are known for their great bodies; they have long lean muscles, great posture, and can form beautiful lines with their bodies. Attending a dance or dance fitness class on a regular basis can help you achieve these same results. You will soon find yourself with more energy, in the best shape of your life and you'll have people asking you what your secret is!

Have you ever gone to see a professional dance performance and wondered, "How do they remember all of those steps?" Dance has been proven to improve your memory, your coordination, your confidence, and make you smarter. In every class you are given dance sequences to remember and repeat back. Dance steps are put together to make longer combinations which not only challenges your body but your mind. Imagine how great you will feel after learning a combination in class and then nailing all of the steps! It is a wonderful feeling when you can let it all out through dance. Dance is a great way to express yourself and to give yourself a confidence boost. After taking several dance and/or dance fitness classes you will find that you have more confidence to face the day head on and that you are better able to remember things in your everyday life whether at school, home, or work.

At the same time dance and dance fitness classes can also give your mind a break. If you have been hitting the books hard lately studying for your next big exam or if you have been so engrossed in work that you haven't had time to focus on yourself lately it's time to give your mind a break. Life should not be all work and no play. It is important to recognize how helpful doing something for yourself can be. Dance is also a great outlet for relieving stress and frustration since it is nearly impossible to be upset when you are dancing. It is amazing how many times you will hear people say that they were

thinking of staying home because they were having a bad day but they were so glad that they came to class because they felt so much better after it was done. Dance and dance fitness classes are a way to give your body and mind a break from every day stresses and to take some time to focus on yourself. Remember that sometimes you just need to dance it out!

Group dance and dance fitness classes are a great time for socializing and meeting new people. When you attend a class on a regular basis you will inevitably get to know your classmates and start to form relationships with them. Since you have a common interest already it is easy to grow a strong bond with each other. You will soon find yourself excited to go to class, not just to dance but to see your classmates every week.

Dance isn't just for children. Dance fosters imagination, improves coordination, and channels energy in a positive way for children. The arts are a powerful tool for today's youth. Adults can experience the same benefits. Many adults grew up dancing as children and may have stopped for various reasons (school, work, family, etc.) but now find that they miss it. Other adults may have never danced as children but have always wanted to. Others might recognize how great dance can be for your mind and body and want to find a way to reap those benefits for themselves. Whatever your reason for finding your way to dance it is never too late to get back into it or try it for the first time. There are classes designed for all levels of dancers making it so that no one should be intimidated to take a class. Merge Dance Studio provides a professional and encouraging environment in which students of all ages and levels can come to study dance, get fit and most of all, have fun!

For more information about how you can join a dance and/or dance fitness class at Merge Dance Studio please contact them at 215-266-1311 or [info@mergedancestudio.com](mailto:info@mergedancestudio.com). More information about their class offerings and a complete class schedule can be found on their website at [www.mergedancestudio.com](http://www.mergedancestudio.com).