

TOP 10 REASONS TO DANCE!

Dance is great exercise while it is also an art form and aesthetic expression of mind and body. Learning, knowledge and experience are the three dimensions of dance that engage you to move, think and feel. Dance education enriches physical, mental and emotional development with no discrimination in age, size or gender, so get moving today!

1. Physical Fitness

Physical benefits from participating in a dance class at any age include physical fitness, muscle control, coordination, kinesthetic awareness, cardiovascular conditioning, flexibility, strength, endurance, stamina, grace, poise, posture, alignment, and balance. With today's obese society, dance classes offer an exciting opportunity to get active, learn something new, and have fun.

2. Intellectual Stimulation

Dancing in a structured dance class environment fosters the following: calculation and planning; sequential learning; patterns; spatial development; increased motivation to learn, achieve and reach milestones; mental flexibility and mastery; problem solving skills; holistic thinking (right and left brain inclusion); improved academic performance; and memory.

3. Social Development

Participating in dance classes and performances allows individuals to work with others which will prepare them for future relationships, both personal and professional. Social fundamentals enhanced in dance classes include team exploration; communication; camaraderie; cooperation; responsibility; tolerance; respect for peers, teachers, mentors and elders; problem solving; and patience.

4. Creativity and Artistic Integrity

Dance classes and opportunities to perform provide an outlet of expression for everyone. Creativity is just as important as academic performance for inventions, medical breakthroughs, and technological advances in society. Dancers often improvise and create their own choreography which nurtures aesthetic awareness; musicality; creative expression; imagination; innovation; rhythmic expression; music appreciation; visual arts appreciation; and artistry.

5. Emotional Exploration

Self-respect, joy and excitement are the most profound emotional benefits of dancing.

6. Self-Improvement & Self-Empowerment

Dancing can be a group effort but at the same time, individual exploration is paramount as everyone progresses at different rates. Dancers flourish with regard to focus, concentration, determination, perseverance, persistence, self-discipline, strong work ethic, sense of accomplishment, self-esteem and confidence. Likewise dancing cultivates self-awareness, listening skills, accuracy, open-mindedness, time management skills, reasoning skills, and problem solving skills.

7. Acceptance and Understanding

When studying with a qualified instructor, dance education also includes dance history as well as exploration of other cultures and styles of dancing. This fosters acceptance and understanding of others which will be useful in future relationships both personally and professionally.

8. Academic Advantages

Academically, dancers have distinct advantages regarding learning a foreign language since ballet terminology is in French. Dancers also have a better understanding of English grammar and composition because composing and creating a dance is much like writing an essay with a beginning, middle, end, punctuation and transitions. Most importantly, dancers work holistically using the right and left brain. The right brain dictates creativity, intuition, and a look at the whole, whereas the left brain is the logical, sequential and analytical side. In creating movement phrases, both sides work in conjunction with each other which is a more comprehensive approach than traditional schooling.

9. Medical Benefits

Dancers reap many health benefits including strong bones, lubricated joints, a decrease in blood pressure, lower cholesterol, better weight management, improved muscle tones, and a reduced risk of heart disease.

10. Reduce Stress & Tension, Greater Sense of Well-Being, FUN

Perhaps the most important benefits to dancing include: stress and tension reliever, an increase in energy, you look and feel better, pride, sense of accomplishment, a better outlook in life, and it's fun!!!

Dance education inspires good work habits and healthy lifestyle choices. Studies show that a structured dance program taught by qualified professionals enhances academic achievement. For more information on choosing the dance studio that matches your family values and ideals, phone 978-482-0141 for our information line and visit the parent guide at

www.DanceExpressionsUnltd.com/parent_info_guide.htm .

Audrey Dascomb RDE opened Dance Expressions Unlimited in 1996 with the goal of providing excellent dance education based on childhood development to everyone from toddlers through adulthood. Still the only studio in MA & NH with a Registered Dance Educator (and one of only 40 in the country), DEU provides a quality, comprehensive, individualized dance program for both the recreation dancer and aspiring professional. DEU's unique Creative Arts Program is a great precursor to preschool offering classes in music, dance, and art. For more information on our programs please visit www.DanceExpressionsUnltd.com or call 978-649-2022.

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