



DANCE!

Your Way to Better Health

stable chronic heart failure can experience the same aerobic advantage from waltz lessons as other forms of cardiovascular exercise such as biking or walking.

Dementia Defense with Disco! A 21-year study led by the Albert Einstein College of Medicine indicates that aging adults who danced regularly had a 76 percent reduced risk for developing dementia. Experts suspect that dancing is beneficial because it combines cardiovascular exercise with split-second decision-making that taxes the neural network, forcing it to create pathways.

Area locals have just as much to say about ballroom dancing, as do the researchers.

Get up and dance for your physical, emotional and mental health! Group classes like couples Ballroom Dance and partner-free LaBlast Fitness Dance give active-agers opportunity to enjoy the social side of group exercise and reap its benefits. Dance is a fun activity to share with your partner, meet new friends, keep in shape and eliminate stress. What better way to improve your balance, stamina, coordination, range of motion, posture, strength, confidence and mood, right?

What is LaBlast Fitness Dance you ask? It is an invigorating partner-free fitness dance program created by 3-time world champion Latin dancer and DWTS pro Louis van Amstel. Participants move to music of all genres and eras as they learn the technique, simple patterns and joy of dance.

Private Lessons, Group Classes: In addition to LaBlast Fitness, you might also check out Jubilee Ballroom Dance, Owensboro Ballroom Dance Club, and Balance Health + Body.

Dance away depression! A study in Australia indicated significant reductions of anxiety, stress and insomnia among men and women with mood disorders after participating in a mere two weeks of tango.

Salsa for strength! Researchers discovered notable gains in strength and balance after several weeks of salsa dancing.

Soft shoe moves for stiffness! According to a Saint Louis study, dancing eases hip and knee pain, helping older adults move better. Over a period of several months participants reported less pain and were able to walk faster. The findings are significant because older adults who move too slowly are more likely to fall, become hospitalized or require care from others. The ability to move quicker can translate into staying functional and independent.

Waltz for your heart! Another study suggests that those with

Owensboro dentist, Terry Norris and his wife Ginger have made “designated date nights of dance lessons” over the course of many years. “It has been great for the two of us both physiologically and relationally. I’ve personally gained flexibility and reduced stiffness through ballroom dancing,” says Terry.

Retired Hancock County teacher, Mary Jane Newton and her husband Russ have enjoyed ballroom dancing for several years. “It is the perfect exercise for seniors, keeping both body and brain feeling young! For us it has been a good stress reliever and a great way for the two of us to spend time together. We have made many wonderful friends through dancing,” attests Mary Jane.

Lisa Van Bussen, president of Owensboro Ballroom Dance Club and her husband Sam have found the world of ballroom dance to be full of wonderful things. “Quality time, growing relationships, developing a hobby we both enjoy, a sense of accomplishment, camaraderie that lasts for a lifetime,” lists Lisa.

As in any type of exercise, it is wise to seek approval from your medical provider.

But once you do....

SHALL WE DANCE?

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