

WALTZ YOUR WAY TO WELLNESS

Sometimes working out can feel like just that — work. Instead, why not try something fun? Dancing is a great way to get fit and enjoy yourself, too.

Here are some of the benefits this exercise has to offer:

- Dancing can help tone your muscles and improve your flexibility.
- Getting in shape through dance can help you stay independent. It can make daily tasks, such as rising from a chair, easier.
- Dancing regularly can improve the health of your heart and lungs. This is especially true if you dance vigorously.
- Women with rheumatoid arthritis may be able to lessen pain by engaging in low-impact aerobic dancing.
- Dancing may also decrease anxiety and depression.
- Regular dancing may help protect against serious diseases, such as cancer, diabetes and heart disease.

There are a variety of dance forms for you to choose from. For a more intense workout, try high-impact aerobic dancing or square dancing. These choices are about as vigorous as jogging, jumping rope, biking at least 10 miles per hour or walking at least 5 miles per hour.

The following styles are equal to moderate exercise activities, like walking 3 to 4.5 miles per hour or biking 5 to 9 miles per hour:

- Ballroom and line dancing
- Folk dancing
- Disco
- Ballet

