

DANCING

Dance Your Way to Better Health

A little cha-cha-cha can burn 400+ calories in just one hour — that's more than in 60 minutes of cycling! It's also a weight-bearing exercise, which means it builds muscles. According to the Mayo Clinic, salsa dancing can help with weight management, plus it may lead to a reduced heart rate over time and may also help lower blood pressure.

Shimmy and Socialize

Many classes don't require you to have a partner, so it's a great way to meet new people. And, if you do have a partner, it's also a great way to strengthen the relationship. Joe Verghese, a neurologist at Albert Einstein College of Medicine, has said that the social aspect of dancing combats stress, depression and loneliness.

Make Memories

Dancing doesn't just exercise your body; it also exercises your brain. A 21-year study published in the *New England Journal of Medicine* found that ballroom dancing at least twice a week made people less likely to develop dementia. Research has also shown that when some people with Alzheimer's dance to music they used to know, they're able to recall forgotten memories. »

