

## **Get Out and Dance!**

Dancing can be a way to stay fit for people of all ages, shapes and sizes. And it's fun! Turn on your boom box in the living room and go it alone. Or invite friends over. There are so many benefits to dancing:

- Improved condition of your heart and lungs
- Increased muscular strength, endurance and motor fitness
- Increased aerobic fitness
- Improved muscle tone and strength
- Weight management
- Stronger bones and reduced risk of osteoporosis
- Better coordination, agility and flexibility
- Improved balance and spatial awareness
- Increased physical confidence
- Helps boost your mood: it's expressive and lets you "bust loose"
- And it's a great social activity: being around other people while dancing is good for your social and emotional health!

If you want to join a local group, there's Zumba With Kendra at Inner Circle Personal Fitness (<https://www.innercirclepf.com/zumba-with-kendra>) and free line dancing through United We Sweat (<https://www.loraincountyhealth.com/unitedwesweat>).