Did you know that …..

- Dance reduces stress and tension for the mind and body
- Dance prevents heart diseases in particular (because it is a great form of cardio!)
- Dance increases balance, endurance, coordination, agility and spatial awareness
- Dance increases flexibility, muscular strength and tone
- The constant motion of dance, depending on the distance (number of steps, which can be measured by a pedometer) covered, you can burn 200 – 500 calories during a 1 hour session
- The variety of step movements involved in dancing helps to strengthen weight bearing bones such as the femur, tibia and fibula.
- Some dances with a variety of repetitive movements (i.e. hip drips, circles, shimmies) can help put the hip joints and ligaments through the full range of motion that increases muscle tone and improved posture, thus aiding in the prevention of lower back problems
- Dance can be equally beneficial as biking, jogging around a track, swimming or running on the treadmill.

Interesting Dance Facts

- In 1988, a world record for the longest conga dance line was set by 119,986 individuals in Miami
- The world's first “sustainable” dance floor opened at Club Watt in Rotterdam, Sweden. The tiles on the floor were attached to springs hooked up to generators. The harder people danced, the more the springs were compressed which was converted to energy. The energy created was used to run the LED lights in the floor
- The Tango originated from Argentina in the 1890s, but quickly gained success in Europe.
The type of dance to be performed is usually dictated by the type of music. You can dance to the music of jazz, salsa, cuban salsa, ballet, tango, hip-hop, square dance, line dance, belly dance to name a few.

So this holiday, get moving! Try:
- Zumba classes at your local gym
- Salsa classes
- Youtube dance workout videos
- Dance workout dvds

...Even just do the cha cha slide!
Make it a family activity, get everyone involved!

Check out dance all around the city of Guelph!

Guelph Dance
-> offering workshops, festivals, youth programs etc.

Flying Dance company
-> offering dance, dance shows, online dance classes etc.

Guelph gryphons fitness and recreation
-> offering dance classes at all levels of fitness etc.

Dancing is not usually perceived as exercise by most individuals and most people cannot resist moving to a catchy tune, so dance your way to staying healthy this holiday!
Did you find this newsletter interesting and helpful?
Do you have more questions on how to make healthy changes to your lifestyle?

Is Pain holding you back? Talk to one of our physiotherapists, chiropractors or massage therapists!

For information on our programs, check out our website www.uoguelph.ca/hpc and click on the "Fitness and Nutrition" tab, or call a friendly receptionist at the HPC at 519-767-5011.