



What is Square Dancing All About?

Bringing people together for fun and fellowship, square dancing is a party every time you do it—even during lessons. You meet new people and make new friends as together you learn the moves and enjoy a wide variety of music. It's a wonderful way to share common interests with other people and to escape the worry and pressures of today's busy world. Here are the top ten reasons to square dance:

1. **Cardiovascular Fitness** – Dancing is a safe way to exercise. The level of exertion is up to each participant. You can rev it up for a higher intensity workout or take it easy for a relaxing, yet beneficial workout. Dancing regularly can lead to a slower heart rate, lower blood pressure, and an improved cholesterol profile.
2. **Healthy Environment** – Square dances are smoke and alcohol free.
3. **Body & Brain Boost** – Square dancers react to calls as they are given. This forces the body and brain to be tightly coordinated. A number of the calls are memorized, helping to keep the brain sharp.
4. **Calorie Burn** – Dancing burns between 200 and 400 calories every 30 minutes of dancing. That's equivalent to walking or riding a bike.
5. **Distance** – The President's Council on Physical Fitness and Sports recommends 10,000 steps per day to maintain physical fitness. It is estimated that a typical square dancer can expect to clock 6,000 to 8,000 steps per dance.
6. **Sturdy Bones** – The side-to-side movements of dancing strengthen weight-bearing bones, tibia, fibula, and femur, and help prevent the slow loss of bone mass.
7. **Rehabilitation** – Dancing is a way to get back in the swing of things if you are recovering from an injury. Dancing keeps your joints moving and is a nice alternative to jogging or other high-intensity activities.
8. **Social Aspects** – Square dancing is a great way to meet people in a non-threatening, relaxed social atmosphere. You never know whom you are going to meet. Lifelong friendships are formed, and many have met the love of their life.
9. **Stress Relief** – Since square dancing is led by a leader giving commands, you become so focused on the "task at hand" that your other mental worries are forgotten, at least for a couple of hours.
10. **Mental Health** – Studies have shown that activities that involve both physical and mental activity at the same time help to slow the onset of Alzheimer's disease.
11. (Bonus Reason!) **Balance** – Studies have shown that adults who have a history of activities such as dance tend to have fewer incidents of falling as they get older.

For more information on how to get started, call 847-306-9008 or visit arlingtonsquares.com