

11 Reasons to Square Dance

1. **Social Aspects** – Square Dancing is a great way to meet people in a non-threatening, relaxed social atmosphere. You never know who you are going to meet. Lifelong friendships are formed, and many have met the love of their life.
2. **Healthy Environment** – Square Dance clubs are smoke and alcohol free.
3. **Stress Relief** – Square Dancing is led by a 'caller' 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.
4. **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 high 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.
5. **Body & Brain Boost** – Square dancers react to the calls as they are given. This forces the body and brain to be tightly coordinated. A number of the calls are memorized which keeps the brain sharp.
6. **Calorie Burn** – Dancing burns between 200 and 400 calories every 30 minutes of dancing. That's equivalent to walking or riding a bike.
7. **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 9,000 to 10,000 steps per dance.
8. **Sturdy Bones** – The side to side movements of square dancing strengthen weight-bearing bones, tibia, fibula, and femur, and help prevent the slow loss of bone mass.
9. **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.
10. **Metal 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. **Balance** – Studies have shown that adults who have a history of activities such as square dancing, tend to have less incidents of falling as they get older.