

DANCING & PHYSICAL ACTIVITY

Dancing is a great way to be more physically active. The benefits of dancing are seemingly endless and the vast array of dance styles may mean that dance can be enjoyed by everyone. Dance can be a very fun and social activity that can be performed in a group, with a partner, or on your own.

BENEFITS OF DANCING

Dance is mainly an aerobic activity which means that your heart, lungs and blood vessels all work together for you to undertake this activity. The benefits of dancing include:

- Increased aerobic fitness
- Improved muscle tone
- Improved flexibility and mobility
- Prevention of disease (heart disease, stroke, diabetes)
- Stress management
- Weight management
- Social interaction
- Heightened energy levels
- Pain management
- Stronger bones
- Improved quality of life

More information:

Remember Physical Inactivity will be more detrimental to your health than not getting up and moving!

For more information dance options or other physical activity options call the Physical Activity Infoline on 1300 885 602

YOUR BODY'S RESPONSE TO DANCE

With any form of physical activity your body will respond in different ways to the increase in movement. As dance is an aerobic activity, the normal physiological responses to dance include a slight increase in breathing rate, perspiration and increased body temperature. Further, dance involves a lot of movement of the muscles, so you may experience some muscle tiredness also – this is a normal response to physical activity. Hormones are also released through the body during physical activity so you may also experience a sense of exuberance, which adds to the enjoyment of dancing.

TYPES OF DANCE

Whether it's Jazz, Hip Hop, Ballroom, Jive, the Rumba, Line or Latin, there's a dancing style to suit everyone's taste. Dance can be performed as a competitive sport, but mostly it is enjoyed as a form of recreation. Dancing is not restricted to age either and it lends itself to allowing you to work at the pace you choose.

WHERE YOU CAN DANCE

Dancing can be undertaken in a variety of locations, such as dance schools, social venues, community halls and in the home. A great idea is to put on a music tape or CD at home and dance around the house. A significant advantage of participating in dance is that it is not restricted by the weather.

There are many dance groups and classes situated all over Victoria:

- If you are interested in Bootscooting or Line Dancing, contact the Victorian Bootscooting Association on 9309 4304
- If you are interested in Square Dancing, contact the Victorian Square Dancing Association on 1800 643 277.
- For Ballroom and Competitive dancing, contact Dancesport Victoria on 9467 6565 or visit www.dancesport.org.au/vic

Health Check

If you are on medication, have had a major operation, have any medical conditions or physical limitation that restricts you or is likely to be affected by physical activity, or have any other concerns regarding your capacity for activity including recent inactivity, Vicfit recommend you consult your health professional to clarify your activity options.

For a list of links to dance companies, schools and groups visit donherbisonevans@yahoo.com or look under **Dance Tuition &/or Venues in the yellow pages.**



Physical Activity Infoline
1300 885 602

