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# Health Benefits of Dancing

By an eHow Contributor

Even if you don't have aspirations of appearing on "Dancing With the Stars," learning a two-step, a salsa, a belly dance or ballet will have you waltzing to better health. Dancing gives the entire body, mind and soul an excellent workout. It also helps improve posture, strengthen muscles and lift moods. There is even chair dancing for people with physical limitations. Put on some music, put on some dancing shoes and dance your way to better health.

## Health Benefits

There are many benefits of dancing. Experts agree that dancing is a true sport and a valid form of exercise. Dancing uses many muscles and burns calories. It can also help with cardiovascular conditioning. Dancing can help lower your heart rate, blood pressure and cholesterol. It can also help strengthen bones and improving posture. Some use dancing as a form a rehabilitation after an injury or surgery. Dancing also reduces stress.

## Other Benefits

Dancing is a social activity. It gets you up and interacting with others. Dancing is perfect for people of all ages and in all kinds of shapes and sizes. Young and old enjoy a spin around the dance floor. A study

## Exercise for the Entire Body

Dancing has been used as a form of therapy for patients with Parkinson's disease, diabetes, ADHD, depression and Alzheimer's disease. Dancing improves memory, multitasking abilities and attention skills. Ballet works the legs, the toes and the arms. Jazz dance builds muscle tone, speeds up metabolism and is a wonderful form of self-expression. Belly dancing helps with weight loss. Salsa dancing improves strength, and the tango helps with meditation.

## Learning How to Dance

There are so many dances and rhythms that not only will you find a step that you enjoy and are good at, but you will always be learning and eager to try new ones. Classes are everywhere. Check out local dance studios, gym classes, church activities, senior citizen events and yoga studios. There are also many instructional videos that you can buy or rent from your local library.

## Before You Get Started

As with any new exercise, consult your doctor if you have any health problems that may interfere with your dancing. Make sure you stretch and do some warm-up exercises. Wear the correct shoes. Begin slowly and know and recognize your limits.

## Fun Fact

Some of the most popular bride and groom songs when the pair make their grand entrance include "It Had to Be You" by Harry Connick Jr.; "Lets Get It Started" by Black Eyed Peas; "Celebration" by Kool N The Gang; "Cut the Cake" by Average White Band; "Chapel of Love" by the Dixie Cups; and "How Sweet It Is to Be Loved by You" by James Taylor.

## Resources

- [Learn to Dance](#)
- [Arts Council](#)
- [AARP](#)
- [Tango Zen](#)