

# Health Benefits of Line Dancing

There are so many articles in magazines and on the internet that points out the health benefits of line dancing and dancing in general. Not only is it wonderful exercise for seniors but it also helps the brain. It wards off Alzheimer, Dementia and now new studies are revealing that dance helps with Parkinson's. Easy on the joints but yet you are moving and having fun. You can burn approximately 300 calories in one half hour and it doesn't even feel like exercise!

## **Health Benefits**

The health benefits of line dancing are obvious. Everyone benefits from exercise and line dancing is so much fun, it doesn't seem like exercise. I read a report that said that people who line dance could possibly live an extra ten years. This may or may not be true, but it's certainly something to consider.

Here is a list of some of the health benefits you will enjoy if you line dance on a regular basis:

- \* Cardiovascular and muscular strength and flexibility become better;
- \* High blood pressure, high cholesterol levels and high triglyceride levels, as well as high blood sugar levels can all improve;
- \* Coordination improves as you work through the different movements;
- \* Lung capacity can increase;
- \* Bone strength can increase; bone loss can be stopped or slowed down
- \* Help with weight control - half an hour of continuous line dancing can burn an average of 300 calories
- \* The social aspects of line dancing are obvious. Your sense of well-being and the camaraderie you have with the other dancers is wonderful for your health.

<https://line-dancer.com/health-benefits/>