

Line Dancing Fun Facts!

What is Line Dancing?

Line dancing is choreographed dancing, but also a fun form of exercise. It gets your heart pumping and your brain working, all while being part of a social activity. One research study published in the New England Journal of Medicine found that dancing can reduce the risk of Alzheimer's disease and dementia.

Why Dance? Here are some benefits!

- ❖ Stimulates the brain
- ❖ Reduces stress
- ❖ Reduces risk of Alzheimer's and dementia
- ❖ Increases mental capacity
- ❖ Improves posture and balance
- ❖ Tones body
- ❖ Strengthens bones and muscles
- ❖ Provides opportunity to socialize and meet people
- ❖ It's FUN!!!

Songs From Today:

- ❖ "Tricky, Tricky", Lou Bega
- ❖ "Cleveland Shuffle", 71 North Boyz
- ❖ "Stuck Like Glue", Sugarland

Instructors

Tammy Tokarz

Missy Matuga

Places in the Area to Line Dance

- ❖ Mavericks Bar and Grill
 - Mundelein, IL
- ❖ Cadillac Ranch
 - Bartlett, IL
- ❖ Saddle Up Saloon & Dancehall
 - Aurora, IL

Sources:

http://www.aarp.org/health/fitness/info-2005/dance_to_health.html

<http://www.dancebecauseyoucan.com/wordpress/?p=542>