The evidence for the health benefits of exercise is indisputable. Physiologic studies have demonstrated that regular activity builds muscle and bone, reduces fat, increases aerobic capacity, lowers blood pressure, and improves the ratio of “good” to “bad” cholesterol. Dance has been shown to have all the benefits of other forms of exercise. Moreover, by incorporating music, dance may have benefits beyond those of exercise alone. Music stimulates the brain’s reward centers, while dance activates its sensory and motor circuits. Dancing has improved balance, gait, and quality of life in people with Parkinson’s disease and related movement disorders. And several — but not all — studies have indicated that mastering dance movements and patterns yields greater improvements in memory and problem-solving than walking does. Dr. Lauren Elson is a former professional dancer who specializes in sports and rehabilitation medicine at Harvard-affiliated Spaulding Rehabilitation Network. “Dancing is accessible to everybody. People who can’t stand can use the rest of their body while seated, people who have lost movement in their arms can dance with their torso and legs. It’s a way to connect to your own body, to music, and to other people. It just depends on whatever your goals are. But we know that there are so many benefits of dancing — cognitive, physical, and social — that it merits consideration by everybody.”

A 2003 study in the New England Journal of Medicine by researchers at the Albert Einstein College of Medicine discovered that dance can decidedly improve brain health. The study investigated the effect leisure activities had on the risk of dementia in the elderly. The researchers looked at the effects of 11 different types of physical activity, including cycling, golf, swimming, and tennis, but found that only one of the activities studied—dance—lowered participants’ risk of dementia. According to the researchers, dancing involves both a mental effort and social interaction and that this type of stimulation helped reduce the risk of dementia. In a small study undertaken in 2012, researchers at North Dakota’s Minot State University found that the Latin-style dance program known as Zumba improves mood and certain cognitive skills, such as visual recognition and decision-making. Other studies show that dance helps reduce stress, increases levels of the feel-good hormone serotonin, and helps develop new neural connections, especially in regions involved in executive function, long-term memory, and spatial recognition.

- **Warm Up**
  - [https://youtu.be/Z0xtYX1Nf5c](https://youtu.be/Z0xtYX1Nf5c)

- **Line Dance**
  - [https://youtu.be/_gliroRmi4A](https://youtu.be/_gliroRmi4A)

- **Cool Down**
  - [https://youtu.be/kP5eF8sOxUs](https://youtu.be/kP5eF8sOxUs)

**ASSESSMENT:**

Answer the following questions and submit them via a word document. Title the document by course name. Student name. Student ID and class period.

1. What are some benefits of line dancing?
2. What are the first three steps of the dance?