

Dance Studio Aims to Get Students Healthy

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Monday, 18 July 2011 09:51 - Last Updated Wednesday, 20 July 2011 10:24



“In a full hour of exercise, you get cardio, you get stretching, you get balance, you get coordination,” Keller says. “It’s extremely relaxing and very good for your memory as far as trying to learn something new and going back to it in a couple days.”

According to the Mayo Clinic and the National Health Association, social dancing can help to reduce stress, increase energy, improve strength, and increase muscle tone and coordination. It can also lower the risk of heart disease, decrease blood pressure, and help you manage your weight.

“The best part, actually, is [when] I have students who wear pedometers on a 2,000-steps-a-day program for diabetes,” Keller says. “They could get to about 3,500 steps in a half-hour through dancing.”

