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ab10. Why is Ballroom Dancing Good for You?

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Ballroom dancing is 'Mind Massaging Movement'. The body is moving while the mind has to memorize steps then think of what step to do next. This keeps the mind active and healthy. Ballroom dancing helps alleviate stress and depression by giving you something to do, a project that requires effort and patience. Ballroom dancing teaches you discipline and self control. The physical exercise is good for the joints and good for the heart. The physical exercise of dancing helps keep weight down.

Ballroom dancing can be done at any age right up to the time that you have one foot in the grave and one foot on a banana peel. Ballroom dancing is a social activity that gets you out of the house and into the community. Ballroom dancing can bring you emotionally closer to your partner as a sense of accomplishment sets in when the two of you move as one. Other senses can set in too, but we won't talk about that here.

Ballroom dancing can be sexy and sensuous even for beginners. Ballroom dancing offers multiple skill levels from novice to competition level, always offering something new to learn.

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