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14 Sep 14 - 14 Sep 14

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## Dance Your Way to Health: Benefits of Bellydancing

*Kiss the treadmill goodbye and say hello to the most fun way to get fit!*

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Yup, it's more than just snaking your booty! Belly dancing, like other forms of dance, provides a bunch of health benefits you'll love - while having fun at the same time!

**You get smarter:** According to a major study, dancing makes you smarter by stimulating your mind, which can increase cognitive acuity. More importantly, compared to reading, cycling, swimming, doing crosswords, and playing golf, dancing was far more effective at fighting off Alzheimer's disease and dementia.



**You improve cardio health:** Belly dancing gets you movin' and shakin' much like other forms of cardiovascular exercises, which improves your lung and heart function while increasing your aerobic fitness, too.

**You strengthen muscles and bones:** You use nearly every muscle in your body while belly dancing, which helps to strengthen muscles and bones, and reduces the risk of osteoporosis.



**You boost coordination and balance:** By increasing muscle strength (especially the core) as well as spatial awareness, belly dancing increases agility, flexibility, and helps you avoid the hazards of falls.

**You get confident:** Many belly dancing students talk about the increase in self-esteem they achieve by working on the skills involved in belly dancing. Of course, being fitter and losing a bit of weight in the process also helps with psychological wellbeing!



Even if you've never considered yourself a dancer, you'll find belly dancing a

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highly accessible form of exercise that many women (and men!) are using to get fit and stay healthy. Beginner classes will give you the basics you need. Give it a shot and let us know what you think!

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## About the Author:

**Maryruth** has been seeking the keys to environmental justice – both at home and at work – for over a decade. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth’s work by [visiting her site](#).

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