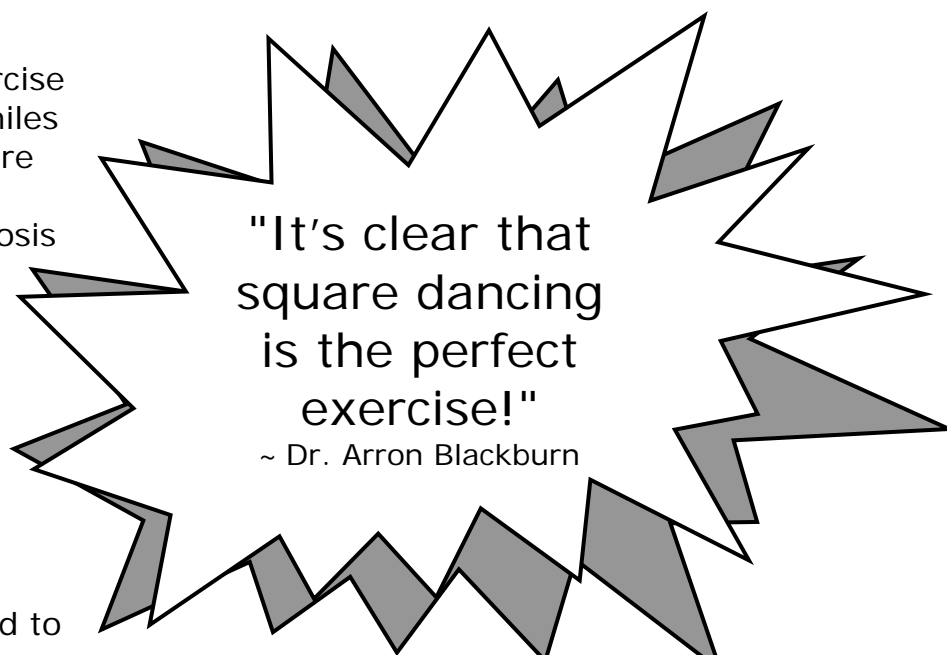


Why Square Dance?

Physical Benefits:

- Low-impact aerobic exercise
- Equal to walking 3-5 miles
- Lower your blood-pressure
- Strengthen bones
- Reduce risk of osteoporosis
- Improve coordination
- Reduce stress
- Improve balance
- Increase flexibility
- Burn 300 – 800 calories
- Lose unwanted pounds
- Reduce risk of diabetes
- Loosen stiff joints
- Tone muscles
- Less risk of injury compared to other forms of exercise
- Study shows square dancing can add ten **fun-filled** years to your life!!



"It's clear that square dancing is the perfect exercise!"

~ Dr. Arron Blackburn

Mental and Social Benefits:

- Enhance mood
- Induce laughter
- Stimulate brain function
- Improve memory
- An activity that friends or family can do together
- Mentally challenging like solving a puzzle
- More fun than a stationary-bike or treadmill
- Antidote for isolation or depression
- Develop a large circle of friends
- Forget your troubles: dance your cares away!
- Develop teamwork, cooperation, satisfaction
- No stress of competition
- Work together to accomplish a goal
- Square dancing is a team sport where everyone wins!



It's friendship set to music!

Learn to Square Dance
www.MajorKeys.org