

# Why SQUARE DANCE?

## Physical Benefits:

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

## Mental and Social Benefits:

- Enhance mood
- Induce laughter
- Stimulate brain function
- Mentally challenging (like solving a puzzle)
- Improve memory
- Pattern recognition & spatial awareness
- More fun than a stationary-bike or treadmill
- Develop a large circle of friends
- Antidote for isolation or depression
- Forget your troubles . . .
- Dance your cares away!
- Develop teamwork & cooperation
- Improve confidence
- Positive outlook
- Work together to accomplish a goal
- No stress of competition
- A team-sport where everyone wins!
- Square dancing is friendship set to music!



Beginner classes start Thursday 8/26, 9/2, 9/9 from 7:00 – 9:00 pm  
11345 Miller Rd., Whittier – All ages welcome (12+)  
No experience needed, No partner required!  
[www.MajorKeys.org](http://www.MajorKeys.org) 714-732-9347