

# 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, Sept. 13<sup>th</sup>, 7:00 – 9:00 pm  
Whittier Sr. Center, 13225 Walnut St., Whittier  
No experience needed, No partner required!  
[www.MajorKeys.org](http://www.MajorKeys.org) 714-732-9347