

Dance Your Way To Health

Reprint from Senior Health with M. Eure

Exercise can be fun too. Try adding dancing to your fitness routine!

Some of the most active, healthy and interesting seniors I have ever met are found several nights a week doing a "do-sa-do" or "allemande left" in boots and frilly skirts. What are these people doing that keeps them so active? For these active seniors, [Square Dancing](#) is the answer.

Square dancing is an activity that promotes healthy living in a variety of ways. It is great exercise. It is mentally stimulating; to graduate from a mainstream class (the first level) you will have learned about 60 different steps. Dancing is also a great social activity. What else can you do for 2 hours that expends as much energy as a 3 mile hike, makes you forget the worries of the day, and helps you make new friends.

You should be able to find a Square Dance club close to where you live. There are active groups in all 50 states and in many countries around the world. Most clubs sponsor lessons or are affiliated with clubs that offers lessons. This is also a great activity if you travel. Most clubs love to have visitors join them. You can make friends around the world.

If you are a single man you will usually find many willing partners. Single women often have a harder time finding partners because of the great difference in life expectancy but even that should not keep you from dancing. Many women learn both spots so they can keep dancing no matter what.

One excuse I have heard for not taking up square dancing is the elaborate clothing that is worn. Traditionally women wear a dress or dress/skirt combination with a petticoat that makes the skirt really stand out. I'll admit that I was reluctant at first to wear those "puffy skirts" but have actually come to enjoy them. It is fun to dress up once in a while. (The dress code has changed so that regular clothing is acceptable.)

Along with square dancing many seniors also enjoy, line dancing, country dancing and round dancing. Whatever your preference the point is to get up, get going and get moving.

See you in a square!

Call 303-233-1550 or 303-933-2037 or 303-666-8389