

Square Dancing Can Add 10 Years to Your Life

New study reveals:

- **It's clear that square dancing is the perfect exercise, researcher Dr. Aaron Blackburn told reports in Lubbock, Texas. "It combines all the positive aspects of intense physical activity with none of the negative elements".**
- **The study was based on physical examinations which indicated that both female and male square dancers could expect to live well into their 80's.**
- **But people who got their exercise from more strenuous sports often were not expected to live more than 72 years.**
- **Dr. Blackburn said square dancing is a low-impact activity requiring constant movement and quick direction changes that help keep the body in shape. The physical and mental exercise that square dancing provides contributes to square dancers being able to dance into their 70's and 80's.**
- **"The movement raises the heart rate like any good aerobic exercise should", Dr. Blackburn said, "and all the quick changes of direction loose and tone up the muscles but not so severely as to cause injury".**
- **Sports like basketball and football didn't do well in the study because they required participants to twist and turn their bodies too strenuously in directions they were never meant to go.**
- **"Square dancers suffer very few injuries but almost all basketball players get sprained ankles or twisted knees at some point in their careers, he said, "and anytime, the body is injured it takes away from life expectancy".**
- **Square dancing is also better than a sport like tennis that features a lot of quick starts and stops.**
- **"And in square dancing, even when the dancers aren't moving, they're clapping their hands and tapping their feet, Dr. Blackburn said, "Tennis players spend much more time standing around and then expend their energy in short bursts, which doesn't contribute to long-term fitness".**
- **You don't see a lot of 55 year old basketball players but that's just the age when square dancers are hitting their peak," he said.**

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