

Square Dancing For Health

What other activity allows you to socialize with friends while receiving the following health benefits?



Burn Calories

During a half-hour of dancing you can burn between 200 and 400 calories. Pedometers attached to square dancers show that each person covers 3 to 4 miles in a single evening.

Cardiovascular Conditioning

30 to 40 minutes of continuous activity three or four times a week can slow the heart rate, lower blood pressure, and improve cholesterol profile. Square dancing is done in a 2 or 3 hour evening from 1 to 5 nights a week.

Strong Bones

Dancing strengthens weight bearing bones and can help slow the loss of bone mass.

Rehabilitation

Dancing is a positive alternative to aerobics or jogging for those recovering from heart or knee surgery.

Sociability

Dancing provides an opportunity to develop strong social ties contributing to self-esteem and a positive outlook.

Turn on to Square Dancing and Live Ten Years Longer!

A million dancers in the United States, Canada, and 40 other countries are finding their passion for square dancing is paying off.

A recent study by Dr. Aaron Blackburn shows that square dancing can add ten years to your life. He says, "It's clear that square dancing is the perfect exercise. It combines all the positive aspects of intense physical exercise with none of the negative elements. Square Dancing is a low impact activity requiring constant movement and quick directional changes that help keep the body in shape." 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. "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.



Ten Facts of Square Dancing



- * No special skills or talent required to learn.
- * Anyone 8 to 80 years of age can learn. If you can walk, you can learn to square dance.
- * Square dancing is the kind of exercise everyone enjoys doing - a great activity to burn off those unwanted pounds.
- * The average square dancer, dancing all the tips in a typical three hour square dance, will walk between 3 and 4 miles.
- * There is NO competing in square dancing - we dance for the fun and exercise.
- * Excellent activity for young people seeking an activity separate from alcohol and substance abuse.
- * Relatively inexpensive - average cost is about \$5.00 per dance.
- * Square dancing has its own international spokesperson - Rebecca Holden.
- * Twenty-nine states have proclaimed square dancing as the American folk dance.

Square Dancing Is

- * ... an American Folk Dance
- * ... an activity where couples, families, and people of all ages and walks of life can have fun together.
- * ... easy to learn, inexpensive, and fun.
- * ... danced to music ranging from pop, rock, oldies, gospel, to country
- * ... a perfect activity for a husband and wife that are looking for something to do after the kids leave home.
- * ... is an activity that you can do around the world.

Square Dancing is not

- * ... a shindig in the barn.
- * ...hopping, skipping, or jumping - (that is clogging).
- * ... just for retired folks.
- * ... what your PE teacher tried to teach you in Junior High School.

Square Dancing Contacts

- Names
phone number
- Names
phone number
- Names
phone number
- Names
Phone number



It's a Party

Square Dancing is a party time every time you do it. Square dancing brings people together for fun and fellowship even when learning.

It's American Folk Art

The ancestors of modern square dancing came to America with the earliest settlers bringing dance from their countries and melding them into the American square dance.

It's a New Square Dance Generation

You will hardly recognize modern square dancing with its new music, new dance steps, and new partners that keep changing, square dancing happens anywhere from school halls to cruise ships and other countries of the world including Japan, Sweden, and Germany ... And square dancing is always performed in English!

www.squareddancing.com/okscd

Join us for lessons:

Date: _____

Time: _____

Location: _____

Price: _____