

For Physical & Mental Exercise, Plus Sociability Try Western Square Dancing. It's Friendship Set To Music

Are you interested in an activity that is drug and alcohol free and generally conducted in a smoke free environment. Where you can make many new friends and at the same time have fun, forget your troubles and get some exercise?

Modern Western Square Dancing may be just the activity you have been missing. "Dancing can burn as many calories as walking, swimming or riding a bicycle. During a half-hour of dancing you can burn between 200 and 400 calories." Dancing is a positive alternative to aerobic dancing or jogging. And finally, Square Dancing contains a social component that solitary fitness endeavors don't. It gives you an opportunity to develop strong social ties that contribute to self-esteem and a positive outlook.

This pastime is a perfect way to forget your troubles, because it is virtually impossible to think of anything else while you square dance. This is because of the mental requirements of this activity. I feel sure you agree that keeping your mind sharp is essential in today's world.

If you can walk you can probably learn to Square Dance. It does take time and practice however. Of course it's all called Square Dancing and whether its a dance, a workshop or class it provides some excellent mental and physical exercise.

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