



# W H Y B A L L R O O M D A N C E

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## General Benefits

Ballroom dancing is fun and is a great teacher. It teaches:

- Relationships necessary in close teamwork
- Discipline through practice and routines
- Goal setting, planning and actions to achieve agreed goals
- An appreciation and further understanding of music's rhythm and tempo
- Economics and fluidity in movement
- Poise and balance
- Self-confidence

In summary, it teaches skills and abilities that will be very useful throughout your life - in social situations, in business growth, and in offering a great exercise.

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## Physical Benefits

Physically, the general conditioning that ballroom dancing provides will benefit you in many ways. If you practice regularly, you will build stamina equal to that of soccer players or runners. You will acquire far more lasting physical stamina than football or baseball players who "stop and start" rather than continuously move.

Another plus is that ballroom dancing will provide excellent physical conditioning without the risk of injury inherent in some physical sports.

With dance, you will become involved with disciplines and movements that can instill innate knowledge of body dynamics and skills that will enhance your life in many ways. Mutually engaging in dance with a partner requires balance, synchronized and coordinated movement, and this develops prime and usable body skills.

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## Mental Benefits

Mentally you will find great satisfaction in the achievements afforded by dancing - whether "a great dance" in social situations, or participating in a hotly contested competition. Students are greatly drawn to competition endeavor. Unknown to most, dancing offers keen and top-grade competition in formation teams, team matches, and couple dancing.

Ballroom dance programs usually include top academic leaders of the school or college. They are attracted to ballroom dancing by both the mental and physical challenge.

Ballroom dancing will stretch your thinking and "do-it" abilities. As your dancing improves, the sense of achievement will build confidence and pride. The teamwork needed to dance with a partner is mutually stimulating to concentration and learning.

Regardless of your age, dancing will be an excellent learning experience in discipline, achievement, assuredness, and self-confidence. These favorable attributes then will transfer to other aspects of your life and this will provide even greater benefits in your future. When you dance you will enjoy it and thrive.

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## Social Benefits

Ballroom dance clubs provide a great social network in a controlled environment that is free of smoking, alcohol, and drugs.

Emotional health is impacted in a positive way by learning a new skill and achieving set goals. Socially, you will discover a new alliance with the opposite sex, an alliance built on courtesy, consideration, and mutual achievement.

As a good dancer you will find yourself much appreciated at social functions and always popular. This will build "social confidence."

Ballroom dancing, a valuable lifetime social skill, will provide much joy and be useful for your entire life. It is a skill to be learned, practiced, enjoyed frequently and treasured.

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## Career Benefits

The ability to dance well is a definite asset at social events related to the business in which you are engaged. The poise and confidence developed on the dance floor translate into everyday life in myriad ways.

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Info. provided by USA Dance Inc. 800-447-9047 [www.usadance.org](http://www.usadance.org)