



USA DANCE

DANCING *for* AMERICA™

The Benefits of Dancing

Dancing is a good way to keep yourself physically active. Other advantages and benefits of dance include, but are not limited to, the development of discipline, self-esteem, team work, creativity, and participation in the performing arts as listed in this chart.

PHYSICAL	INTELLECTUAL	ARTISTIC	SOCIAL	INDIVIDUAL
Fitness	Intellectual Stimulation	Arts Appreciation	Teamwork	Confidence
Coordination	Calculation & Planning	Musicality	Communication	Listening Skills
Cardiovascular Conditioning	Sequential Learning	Creative Expression	Camaraderie	Self-Discipline
Flexibility	Patterns	Imagination	Cooperation	Sense of Accomplishment
Core Strength	Spatial Development	Innovation	Enjoyment	Persistence
Reduces Stress	Increased Motivation to Learn	Rhythmic Expression	Reduces Depression	Self-esteem
Balance	Mental Flexibility, Problem Solving	Music Variety	Interaction	Weight Control
Stamina	Right & Left Brain Inclusion (Holistic Thinking)	Music Appreciation	Meet New Friends	Open to New Ideas