

Dancing the night away can burn more calories per hour than riding a bike or swimming.

And whether you like to kick up your heels to hip hop, salsa or country, the National Heart, Lung and Blood Institute says that dancing can:

- \* Lower your risk of coronary heart disease
- \* Decrease blood pressure
- \* Help you manage your weight
- \* Strengthen the bones of your legs and hips

Salsa dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity.

The amount of benefit you get from dancing depends on, like most exercises, the type of dancing you are doing, how strenuous it is, the duration and your skill level.

#### *Salsa Dancing*

- \* Builds endurance and stamina
- \* Helps with weight loss
- \* Relieves stress
- \* Helps you release toxins via sweating
- \* May help lower blood pressure and improve cholesterol levels
- \* Can lead to a reduced heart rate over time



#### Steve Kirvan teaches Salsa



How many calories will you burn while dancing? That depends. Here is a range of some of the most popular varieties, based on a 150-pound person, per hour:

- \* Swing dancing: 235 calories/hour
- \* Ballroom dancing: 265
- \* Square dancing: 280
- \* Ballet: 300
- \* Belly dancing: 380
- \* Salsa dancing: 420+
- \* Aerobic dancing: 540+

#### Mental Benefits of Dancing

Dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity. This is especially stimulating to the mind, and one 21-year study published in the New England Journal of Medicine even found dancing can reduce the risk of Alzheimer's disease and other forms of dementia in the elderly.

So clearly dancing is excellent for your body, mind, and soul. Pick up a

new heart healthy habit and learn to dance Salsa.

You will have an opportunity to burn some serious calories at the November Tri-Cities Dance. Steve Kirvan, of 7 Cities Ballroom, Williamsburg, will be back to teach another Salsa Class. If you missed last month's lesson, you missed a great class! Steve taught a dynamite Salsa class. We are really looking forward to his next class on November 8, 2014 at the Wesley United Methodist Church, Fellowship Hall, 3701 Conduit Road, Colonial Heights, VA 23834.

We would also like to thank our DJ Doug McRae for a fabulous selection of music. Doug works hard to bring

us the best selections of music at all of our dances.

You still have time to volunteer to dance at Lucy Corr Village with us on November 15, 2014 at 2:00 PM. If you are interested, please contact Sharon Dunn at [sdunn6060@aol.com](mailto:sdunn6060@aol.com).

Our annual dance at Ft. Lee, Virginia will be on Saturday, March 14, 2015. Please note the flyer "Dance by the Light of the Moon," on the chapter's website:

[www.usadancetricitiesva.org](http://www.usadancetricitiesva.org). We hope all of you are beginning to prepare to attend what will be an enchanting evening of ballroom dancing. We are now also offering online ticket purchasing through the BrownPaperTicket system at <http://chapter6060.brownpapertickets.com>.

Upcoming lessons, instructors and DJ's:

<b>November 8, 2014</b>	<b>Salsa Lesson, Instructor Steve Kirvan</b> , of 7 Cities Ballroom, Williamsburg <b>Music Edith Lanning</b>
<b>December 13, 2014</b>	<b>Holiday Dance – NO lesson</b> <b>Music Doug McRae</b>
<b>March 14, 2015</b>	<b>"Dance by the Light of the Moon" at the Lee Club, Fort Lee</b> <b>Music Mike Recant</b>



*Dancing Feet are Happy Feet!*