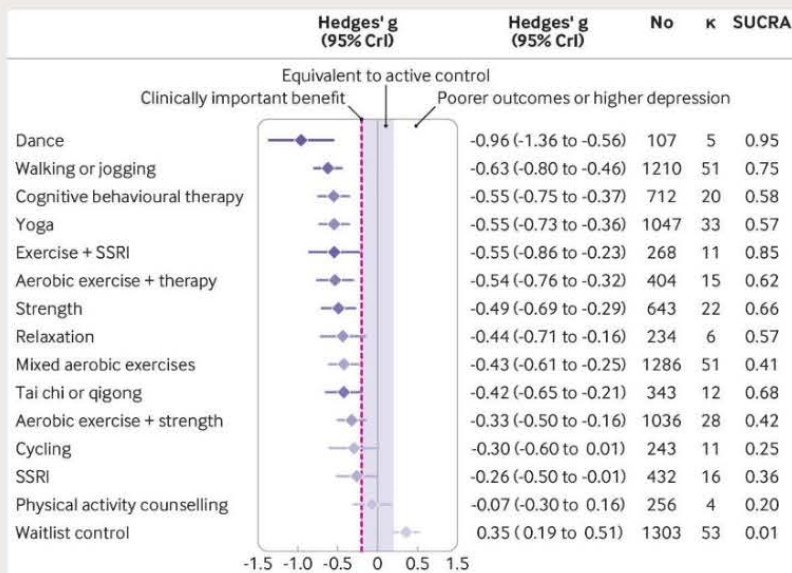


New Study Reveals Some Surprising Health Benefits of Dance

Lead author Dr Alycia Fong Yan from University of Sydney's Faculty of Medicine and Health and Sydney Musculoskeletal Health said: "Preliminary evidence suggests that dance may be better than other physical activities to improve psychological wellbeing and cognitive capacity."

- These findings were not just seen in older adults, but also younger populations and people with clinical conditions as well.
- Learning dance sequences may challenge cognition, partnered or group dance may benefit social interactions, and the artistic aspect may improve psychological wellbeing.
- Adherence to physical activity is an ongoing challenge in clinical trials and even more so in community. Dance can provide an enjoyable physical activity that is easier to maintain.

Dr Fong Yan added: "Dance has far-reaching health benefits. If you stick to a physical activity, the long-term, physical health benefits will reduce the risk of health conditions related to sedentary behaviour, the social connectedness and psychological effect of dance will alleviate the symptoms of mental health conditions, and improvements in cognition could aid the independence of older adults."



Just dancing has the largest effect of ANY treatment for depression...
That's kind of beautiful!

DID YOU KNOW?



When a Child Performs On Stage...

When a child participates in the performing arts it boosts their self-esteem and encourages creativity. Performing on stage gives students an opportunity to showcase their work in public and in front of their peers and family. On-stage performances teach a range of skills that go beyond the performance itself and can be applied to other areas of learning and life beyond school.

- 1** ADAPTABILITY Students learn how to improvise, solve problems on the spot, and handle unexpected situations.
- 2** PRIDE Students learn how to celebrate their wins and successes and those of their fellow performers.
- 3** COMMUNICATION Students develop presentation, communication, and listening skills.
- 4** CONFIDENCE Being on stage helps to build students confidence and develop a healthy self-esteem.
- 5** TIME MANAGEMENT Students learn the importance of timeliness and deadlines.
- 6** CREATIVE THINKING Students learn how to interpret and adapt a creative piece of work to make it showcase their abilities.
- 7** PERSEVERANCE Students develop perseverance by working on a task until it is perfected to the best of their ability.
- 8** COLLABORATION Students learn how to collaborate with and work alongside their peers.

It's never too late to dance on stage!

Register at:

