

Growing evidence suggests

that the generation edging toward retirement may be in worse health than their parents.

Although less likely to smoke, they are more likely to report less stamina, difficulty climbing stairs, and getting up from a chair. They experience more chronic problems such as high cholesterol, blood pressure, and diabetes.¹

health and fitness

The ideal prescription for improving or maintaining health is to find an activity that combines all three dimensions physical, mental and social.

Learning to Square Dance gives you all that and it's fun too!

Make it a group outing with co-workers, friends, family a great way to socialize

Singles welcome

**“We do not grow too old to dance.
We grow old because we do NOT dance.”**

Herb Greggerson, square dance caller, 1953

**Find a location to get started
visit our web page**

danceforfun.ca



Live Lively -



Learn to Square Dance!

**YOUR PRESCRIPTION
FOR BETTER HEALTH**



*Have Fun
Laugh More
Make Friends
Exercise More
Reduce Stress
Improve memory skills*

Discover Square Dancing

You will be surprised!

1. Stein, Rob, Aging boomers facing increased health problems, April 21, 2007, BlueCross BlueShield Association, Retrieved from <http://www.bcbs.com/news/wellness/aging-boomers-facing-increased-health-problems.html>.

**The Fraser Valley Square & Round Dance Association
Joint Promotion Committee**

Discover the many benefits of Square and Round dancing



Physical Benefits

Low impact exercise

- Increase lung capacity
- Improve muscle tone
- Maintain joint flexibility
- Improve bone density
- Improve balance and coordination
- Develop new motor skills
- Increase blood flow through relaxed body rhythm

“ [Square dancing] ... is an activity that addresses most of the conditions of poor physical health while minimizing the obstacles presented by many other types of physical activity.” Chris Collins M.Sc.2

“ Dance is a weight-bearing activity, which builds bones.” ³
Catherine Cram, MS, exercise physiologist

“ Any weight-bearing exercise, including square dancing, is a major benefit as one ages.” Dr. Lewis Maharam, New York City sports medicine specialist⁴



Psychological (Mental) Benefits

Lower stress

- Develop mental agility
translating oral commands into action
- Reduce age-related memory loss
remembering calls and cues
- Focus on dancing reduces worries
leave your problems at the door!
- Reduce depression and loneliness
dancing is a group activity

Meet a challenge and achieve success
Learning becomes fun

“... square dancing [is one of] the few activities shown to involve both physical activity and mental stimulation significant enough to reduce the risk of dementia — a true two-for-one example of using it or losing it.”

Dr. Mehmet C. Oz ⁵

“ Dancing reduces dementia risk by 76% Board games by 73% - Playing a musical instrument by 69% - Working crosswords by 38%.” The Washington Post⁶



Social Benefits

Connect with others

- Make new friends and social contacts
- Reduce inhibitions
- Develop new social groups
- Create social ties and business contacts
- Find opportunities to get involved and make a difference

Have fun

“ Square dancing contributes to a more healthy and independent lifestyle.”

Dr. Lewis Maharam,
New York City sports medicine specialist ⁷

“ Laughter may help prevent heart attacks.”

Dr. Michael Miller, Centre for Preventive Cardiology,
University of Maryland⁸

“ Maintaining social connections has an important effect on quality of life.”

Laura Mosqueda, MD, Geriatrics and Family Medicine Center, University of California, Irvine.⁹

CITATIONS:

2. Chris Collins M.Sc. CSCS, Okanagan Peak Performance, Fitness Evaluation, 2006. Study commissioned by the BC Square and Round Dance Federation. Retrieved from http://squaredance.bc.ca/articals/Fitness_Evaluation.pdf.

3. Catherine Cram, MS, exercise physiologist, Comprehensive Fitness Consulting, Middleton, Wisconsin. Cited in The Health Benefits of Dancing -- Including Specific Benefits of Different Dances, SixWise.com November 2, 2005 newsletter Retrieved from <http://www.sixwise.com/newsletters/05/11/02/the-health-benefits-of-dancing---including-specific-benefits-of-different-dances.htm>

4. Maharam, Dr. Lewis, Cited in Don't be a square—dance! by Denise Mann., July 9, 2001. Retrieved from <http://www.webmd.com/fitness-exercise/features/dont-be-square-dance>.

5. Oz, Dr. Mehmet C. & Roizen, Michael F., You: Staying Young: The Owner's Manual for Extending Your Warranty, Page 269, Free Press, 2007.

6. Washington Post, The, June, 19, 2003.

7. Maharam, Dr. Lewis, Cited in Don't be a square—dance! by Denise Mann., July 9, 2001. Retrieved from <http://www.webmd.com/fitness-exercise/features/dont-be-square-dance>.

8. Miller, Dr. Michael, Clark, Adam, M.D. and Seidler, Alexander, Ph.D., Laughter is Good for Your Heart, University of Maryland Medical Center research study, 2000. Retrieved from <http://www.umm.edu/news/releases/laughter.htm>.

9. Mosqueda, Laura, MD, Geriatrics and Family Medicine center, University of California, Irvine. Cited by Elaine Zablocki, WebMD Feature article Growing Older, Staying Stronger, in Woman's Health, October 15, 2001. Retrieved from <http://women.webmd.com/features/growing-older-staying-strong>