

## Ten Benefits from Square Dancing

Do you want to live longer? Doctors are recommending an easy solution: walking! What is square dancing? Walking to music! How much better can it get? Square dancing offers fun, fellowship, friendship, and fitness!

YOU Docs Mehmet Oz, MD, and Mike Roizen, MD, recommend walking to “help you fend off a host of chronic diseases and other serious health issues, from heart disease to diabetes.” They even say “it also helps you maintain gray matter to help prevent age-related cognitive decline.” Square dancing is a double win for your brain because your brain is responding to caller as you walk to music! Fun, fun, and more fun! Square dancing works on your cognitive and physical well being at the same time! Two for the price of one!

The doctors offer “ten ways walking can transform your health and help make you younger in just 90 days.” (Website is at end of this article.) Square dancing, which is all walking, will transform your health too.

1. Fends off the #1 killer: Regular walkers have fewer heart attacks and strokes, have lower blood pressure, and have higher levels of healthy HDL cholesterol than couch sitters do. In one study of women, a regular walking program did just as much in the heart-protection department as more vigorous exercise did.
2. Changes your RealAge -- pronto: As little as 90 days after starting a regular walking program, its age-reducing effects can be measured.
3. Dims your chances of diabetes: Thirty minutes of walking a day makes your muscles more sensitive to insulin. That allows glucose to do its duty inside your cells rather than pile up in your bloodstream (that's what happens when you have [diabetes](#)) and cause other havoc.
4. Helps you kick the habit: Taking a daily 30-minute walk is one of the keys to the success of our [YOU Can Quit](#) plan. Even just a 5-minute walk cuts down on cigarette cravings -- it engages your brain's emotion centers, unleashing mood-enhancing hormones that decrease cravings and take your mind off that cigarette. And establishing a walking habit proves to you that you have the discipline to stick with your stop-smoking plan.
5. Slims you down: Burn more calories than you eat, and -- voila! You're wearing one-size-smaller clothes. Plus, walking can help [squelch chocolate cravings](#) and nix the stress and anxiety that often lead to overeating.
6. Keeps you sharp: Physical activity nourishes brain tissue and stimulates its production of neurons, synapses, and blood vessels. Some studies have found that walking can counter faltering memories in people over age 50.

7. Reduces stress: Anyone who has come back from a walk in a different frame of mind than they went out with can attest to this. Studies back up that walking benefits your mood -- and may even ward off depression and anxiety.

8. Revs up your energy: Not only can a walk perk you up when you need it, but also it helps improve the quality of your sleep, so you're more energetic all day long.

9. Boosts your immune system: Walking regularly can lower your risk of arthritis, macular degeneration, and even cancer by an astonishing 50 percent compared with people who don't exercise.

10. Keeps you going: Walking has the highest compliance rate of any exercise.

<http://www.sharecare.com/health/walking/article/walking-benefits>

Square dancers live longer while having fun! Come dance with us today. Look for an ABC or beginner dance or a class and enjoy all the benefits that walking has to offer!