

Long-Term Benefits of Ballroom Dancing

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Ballroom dancing, and dancing in general, can offer a wide range of health benefits, even in long term circumstances. Because of the athletic nature of dancing, ballroom creates a number of long-term physical benefits. It is an aerobic exercise and therefore increases heart health, lowering risk for problems such as heart disease and high blood pressure. Dancing is also associated with better balance in older adults. Likewise, studies seem to show ballroom dance offers lowered risks for diabetes, obesity, and osteoporosis as well, as well as toning and strengthening bones and muscles while helping maintain a healthy weight.

While long-term physical wellbeing are benefited, long-term psychological benefits are much more diverse. One of the largest psychological benefits is that dancing shows a seventy-five percent reduction in the likelihood of an individual to have Alzheimer's or other forms of dementia as they age, making it the most effective form of preventing dementia because of the mental challenge coupled with physical exercise. In addition the increased blood flow and released endorphins lead to less stress and a lower likelihood of depression. Due to the fact that it is a social activity, it also offers a more sociable lifestyle along, which can heighten confidence. Social activities such as mingling which go hand in hand with ballroom dance can also decrease stress and depression. The social aspect of ballroom dancing also makes it a more enjoyable form of exercise, thus increasing likelihood of frequent and repeated exercise, therefore reaping better physical benefits. The way dancers memorize their steps, through repetition is a common and useful skill for memorization, meaning those who dance are also better capable of memorizing.

Clearly, ballroom dancing can result in many long-term health benefits. These benefits range from physical health such as lowered cardiovascular disease to mental health such as decreased dementia. With these reasons present, there is no reason not to get involved in ballroom dancing.

Works Cited

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