

Fun Facts About Ballroom Dancing

Benefits of Ballroom Dance

Mental

- Dancing helps to improve mental acuity by requiring split-second rapid-fire decision making.
- Dancing can stimulate the connectivity of your brain by generating the need for new neural pathways. Challenging or advanced classes are even better for you, as they will create a greater need for new neural pathways.
- Dancing simultaneously involves kinesthetic, rational, musical and emotional processes.

Physical

- Flexibility: Most forms of dance require dancers to perform moves that require bending and stretching, so dancers naturally become more flexible by simply dancing.
- Endurance: Regular dancing is great for improving endurance and overall health. Elevating the heart rate through vigorous ballroom dancing can increase stamina. Just as in any form of exercise, regular dancing will build endurance.

Sense of Well-Being

- Dancing provides many opportunities to meet other people. Joining a dance class can increase self-confidence and build social skills. Because physical activity reduces stress and tension, regular dancing gives an overall sense of well-being.
- Dancing Burns Calories! And can assist in weight loss. Dancing burns anywhere from 5-10 calories per minute, depending on speed and intensity. See the chart below for calories burned during different dances

Style of Dance	Approximate Calories Burned per Hour				
	100 lb Dancer	125 lb Dancer	150 lb Dancer	175 lb Dancer	200 lb Dancer
Disco, Ballroom, Square, Latin, Mambo, Salsa	264	330	396	462	528
Fast, Ballet, Twist	288	360	432	504	576
Slow, Waltz, Foxtrot	144	180	216	252	288

Brief History of Ballroom Dancing

Ballroom dance is a type of formal partner dancing, enjoyed socially or competitively. This style of dancing can be so competitive that the International Olympic Committee now recognizes competitive ballroom dance!

The most recognizable style of ballroom dancing is International Standard, which includes Waltz, Tango, and Foxtrot. This style marked the beginning of ballroom dancing in the late seventeen hundreds with the advent of the Viennese Waltz. Other popular styles today include International Latin, American Rhythm, and American Smooth - the style of Fred Astaire and Ginger Rogers.

Because of its competitive and passionate nature, ballroom dancing has caught the attention of popular culture in recent years. Films like "Strictly Ballroom" and "Take the Lead", the documentary "Mad Hot Ballroom," and television shows like "So You Think You Can Dance" and "Dancing with the Stars," prove that the intrigue and popularity of ballroom dancing won't be dwindling any time soon!