

Square Dance - Fitness for Body & Mind



Move your body. Move your brain.



With all its moving, twisting, and turning, square dancing provides more than the daily dose of heart- and bone-healthy physical activity. Remembering all the calls -- from "do-si-do" to 'alemand' -- keeps the mind sharp, potentially staving off age-related memory loss, experts say. And the companionship that regular square dancing offers is an antidote to depression and loneliness, a statement confirmed by square-dancing advocates everywhere.

Square Dance - Fitness for Body & Mind



Move your body. Move your brain.



With all its moving, twisting, and turning, square dancing provides more than the daily dose of heart- and bone-healthy physical activity. Remembering all the calls -- from "do-si-do" to 'alemand' -- keeps the mind sharp, potentially staving off age-related memory loss, experts say. And the companionship that regular square dancing offers is an antidote to depression and loneliness, a statement confirmed by square-dancing advocates everywhere.

BENEFITS OF SQUARE DANCING

- Heart & bone healthy exercise
- Great stress buster
- Keeps mind sharp
- Sociable
- Easy to learn
- Boosts memory and coordination
- Teamwork—your square of 8 has to work together
- Contributes to a greater overall sense of well-being
- Inexpensive
- Good, clean FUN!

Live Lively



Square Dance!

Fitness for

Mind and Body!

BENEFITS OF SQUARE DANCING

- Heart & bone healthy exercise
- Great stress buster
- Keeps mind sharp
- Sociable
- Easy to learn
- Boosts memory and coordination
- Teamwork—your square of 8 has to work together
- Contributes to a greater overall sense of well-being
- Inexpensive
- Good, clean FUN!

Live Lively



Square Dance!

Fitness for

Mind and Body!