

Benefits of Square and Round Dancing

1. Fun/Laughter/Joy of Success:

Square and round dancing are active, fun activities. Dancers have fun that comes from the combination of dancing, music, and interactions with the other dancers and the cuer and caller. Dances often have themes that provide an extra party atmosphere.

2. Make New Friends/Socialize/Fellowship:

Meet new people as you learn to dance, as you visit local dances, and as you attend dance weekends and conventions where hundreds or thousands of dancers congregate.

3. Physical Health Benefits:

Dancing is an active, physical activity that contributes to your exercise program and can motivate you to do other exercises in between dances. It improves physical health by developing strength, suppleness, coordination and balance in varying amounts.

4. New Activity with Partner:

Dancing is an activity that you and your partner can learn together and do together.

5. Mental Exercise and Stimulation:

Dancing provides mental exercise in addition to physical exercise. Dancing to a cuer or caller requires a rapid processing of the instruction and a visualization of what is to be done. And in another aspect of mental and emotional health, the fun of a new activity can add interest and excitement to life.

How do the benefits of square and round dancing compare to other activities?

The following chart provides a comparative rating, where 3 indicates a strong benefit, 2 indicates a moderate benefit, and 1 indicates little, if any, benefit. Even if you don't fully agree with all of the ratings, we believe this shows why dancing is a very worthwhile activity that we hope you will consider.

Activity	Fun	Social	Physical	Partner	Mental
Square Dancing	3	3	3	3	3
Round Dancing	3	3	3	3	3
Movies/Theater	3	2	1	3	2
Cards/Board Games	3	3	1	3	3
Health Club	1	1	3	2	1
Television	2	1	1	1	2
Internet	3	1	1	1	3
Travel	3	2	1	3	1