

# Dance for life!



Dance is a fun and healthy exercise for any age and any one. You can make new friends, who have the same interests as you, and most importantly of all have fun!

## Healthy fun

Dancing is good for you because-

- ◆ It helps build muscles.
- ◆ It helps build confidence in yourself as you win trophies and medals.
- ◆ Dance is all about moving therefore you burn lots of calories.
- ◆ Good for your mind as it keeps it active.
- ◆ Some dancing are good for relaxing or lifting your mood.

Come and visit the closest dance club near you! It's a great way to enjoy physical activity and just, have fun!



To find out more information visit– [www.danceforlife/livefordance.co.uk](http://www.danceforlife/livefordance.co.uk)

**“I used to be obese, but since I started participating in dance I have lost 12 stone.”**