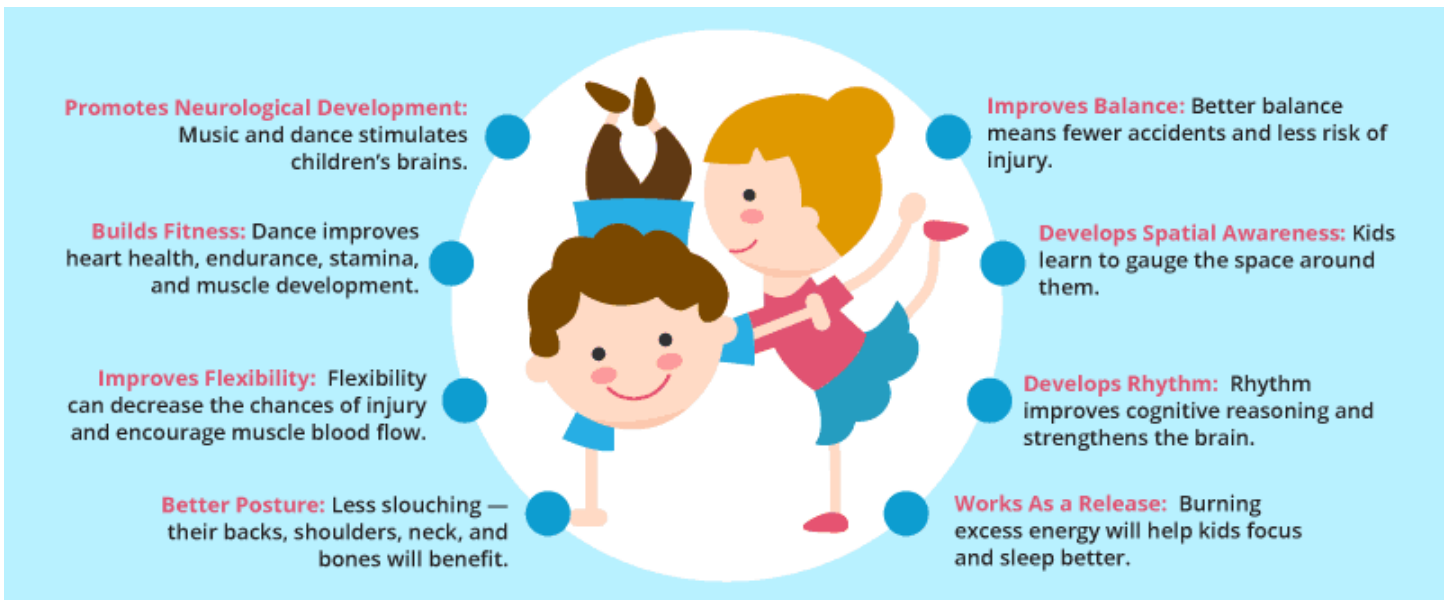


PHYSICAL BENEFITS OF DANCE



Dance promotes neurological development: When a child enjoys music and learns to dance to its rhythms, it stimulates their brain. This improves their cognitive abilities, as well as their neurological health.

Dancing keeps your child fit: Your child can improve their endurance, stamina, and energy by dancing. It also encourages strength and muscle development. Let's not forget that it's cardiovascular, so it keeps their hearts healthy, too. Since it's expressive, it might be an excellent solution for children who have an aversion to exercise.

Dance improves flexibility: Your child doesn't have to become a contortionist, but dance can make them more supple. Flexibility can decrease the chances of injury. It also gives you a wider range of motion and improves blood flow to your muscles.

Dancing encourages your child to carry themselves better: Dancing is excellent for your spine. Dancers are taught how to control their bodies to support their own weight optimally. If your child learns to dance, their posture will improve. They won't slouch and their back, shoulders, neck, and bones will benefit.

Dance improves balance: In line with the above, dancing also gives you better balance. Once you learn how to hold yourself correctly, your entire stance improves. This keeps you centred, and is also necessary for your muscles and back. If you're more graceful, you're less prone to accidents and injury.

Dance develops spatial awareness: Likewise, dance teaches proprioception and spatial reasoning — something that not all children are accustomed to. When you dance, you learn to gauge the space around you. It works on your judgement and awareness as well.

Dancing is rhythmic: You might think that rhythm is something you feel or enjoy, but having a sense of it can improve your overall health. Like with music, it improves your cognitive reasoning, strengthening your brain. It also helps you stay relaxed, and can improve your mental health.

Dance is a release: Dancing takes energy. Your child shouldn't be dancing to the point of exhaustion, but it's an outlet for pent up hyperactivity. This can also improve their sleep, focus, and routine.