FOR IMMEDIATE RELEASE
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**********START**********

FROM THE NEW ENGLAND JOURNAL OF MEDICINE

According to the New England Journal of Medicine, Dancing lowered the risk of dementia. Based on studies, the Journal rated the results from dancing higher than for those who read, played board games or musical instruments. The frequency of the activity also plays a large roll in its effectiveness. Those people who participated more than once a week in a dance activity realized a lower risk.

A Washington Post Article dated June 19, 2003 presented the following statistics:
Dancing lowered the risk of dementia by 76%; playing board games lowered the risk of dementia by 74%; playing a musical instrument lowered the risk of dementia 69%; working crossword puzzles lowered the risk of dementia by 38%.

This study further emphasizes the Mayo Clinic Study in 1994. That study showed Dancing can burn as many calories as walking, swimming or riding a bicycle. During a half hour of sustained dancing you can burn between 200 and 400 calories. One factor that determines how many calories you'll expend is distance. In one study, researchers attached pedometers to square dancers and found each person covered nearly five miles in a single evening.

Dancing further provides cardiovascular conditioning. Regular exercise can lead to a slower heart rate, lower blood pressure, and an improved cholesterol profile. Regular exercise also helps strengthen bones. Dancing is a positive alternative to aerobic dance or jogging. Dancing also contains a social component that solitary fitness endeavors don't. It gives you an opportunity to develop strong social ties which contribute to self-esteem and a positive outlook.

The following is an excerpt printed from Dancin’ News of Central Florida.

LIVE TEN YEARS LONGER!

Square Dancing will add 10 years to your life, a surprising new study shows. Dr. Arron Blackburn states, "It's clear that square dancing is the perfect exercise. It combines all the positive aspects of intense physical activity with none of the negative elements."

The study was based on their physical examinations which indicated that both female and male square dancers could expect to live well into their "80's.

The square dance movements raise the heart rate like any good aerobic exercise should. All the quick changes of direction loosen and tone up the muscles, but not so severely as to cause injury. In square dancing, when you're not moving you're clapping hands or tapping feet, which all contributes to long term fitness.

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We thank you for the coverage you have given us in the past and for your continued support in the future.

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