

Lets Dance!

After the phenomenal success and utterly inspirational effect of 'Strictly Come Dancing' we have to recommend dancing as the ultimate fun and social way to be more active.

You don't need the flair of Fred and Ginger, just some good old enthusiasm, plenty of energy and be game for a laugh. It doesn't matter if you have two left feet.

Why not start in the privacy of your own home, put some music on and boogy on down – jiggle whilst your doing the household chores and encourage your children or grandchildren to help you out.

Strut your stuff at the local night club (try to avoid plying yourself with copious amounts of alcohol in order to feel brave enough).

Or you could even go to classes. Check out the [BBC Strictly Come Dancing](#) website for links to Dance Classes in your area.

Dancing certainly burns those calories too!!! (the heavier you are the more you burn)

Slow ballroom burns around 180 – 250 calories per hour (depending on your weight) this is the same as a 1hr slow walk or a 1hr house cleaning session. (I know which one I'd rather do).

Latin or Jive burns around 250 – 500 calories per hour (depending on your weight) this is the same as a 1hr leisurely swim or a 1hr steady cycle (again the dancing does it for me).

What could dancing classes do for you?

- Burn calories (the obvious one) and help you to lose weight and feel fitter
- Give you a tremendous sense of well-being and feeling energised
- Boost your self confidence and self esteem
- Give you the chance to learn new skills and meet like-minded people Improve the health of your joints - dancing is weight bearing after all.
- Work on your coordination and balance
- Help you to relax and unwind

HAVE FUN – and that's the most important thing of all.

Who knows, you could be the next Tom Chambers or Alesha Dixon.