Dancin’ It Out

DID YOU KNOW

Staying Active is important for your health. There are lots of different ways to exercise and a lot of exercise can be fun! Dancing is a great way to get your whole body moving. It can help keep your heart healthy and your muscles and bones strong!

FUN FACTS

- Dancing helps to reduce stress and tension.
- Dancing helps to keep your brain healthy and strong.
- Dancing improves your balance.
- Anyone can dance! People can dance sitting down or standing up, you just need some music to get started!
HERE'S WHAT YOU CAN DO

Create a Dance Routine to Your Favorite Song!

1. Pick a song.

2. Think of moves that use all different parts of your body.

3. Make your dance routine!

Become the Instructor!

Once you have practiced your dance routine and are an expert, try teaching it to your family and friends!

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