

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!

