

# **FUN & FRIENDSHIP**

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At Fox Dance Academy, we have a variety of adult dance classes ranging from Tap, Ballet or Street. Not only are dance classes fun but here are 7 ways to dance yourself fit

1. Dancing helps you lose weight. Dance away those calories whilst learning a new skill
2. Dancing helps with building your upper body strength and strengthens your core muscles.
3. Dancing improves your flexibility and reduces stiffness. It can ease joint pains and strengthen your bones and muscles.
4. Dancing is good for your heart health. It is perfect activity to reduce your risk of cardiovascular disease and improves your breathing and quality of life. You get a good dose of aerobic exercise which improves your blood circulation and lung capacity.
5. Dancing boosts your memory and can help prevent dementia.
6. Dancing gives you better balance and helps you stabilise and gain better control of your body. Balance gets more important as we get older, not only does it improve body awareness, but it also reduces the risk of falling another related injuries.
7. Dancing increases your energy levels and boosts your mood so you will be more likely to be more active outside of dance class too.

It can be daunting walking into a new dance class when you don't know anyone else but at Fox Dance Academy, you may walk in a stranger but you will definitely leave as a friend.

A dance class is a great way to meet new people and create lasting friendships. Making new friends isn't always easy but it certainly less stressful when you're in a room full of happy dancers. A mutual love of dance means you will definitely have something in common with your fellow class mates. Meeting new people helps with building confidence and self esteem so even if you feel shy walking into a dance class, there will be lots of friendly faces, ready to say hello.

And it is not just about attending a dance class, at Fox Dance Academy, we want to encourage and develop those friendships as much as possible. Sometime during class, you don't have the time to chat a lot with other people so that is why we organise theatre trips, meals out, Christmas parties and summer socials, to get to know each other better.

We have lots of events planned over the next 12 months so watch this space.