



TOTAL BRAIN HEALTH[®] FAIR STATION



10-15
minutes



10-15
people

BALLROOM DANCING

TBH Focus:

Body | *Move It*

Mind | *Stretch Your Mind*

The TBH Science:

Folks who love to foxtrot (or waltz, samba, jitterbug, or jive) are a step ahead when it comes to brain fitness: Dancing has been found to directly affect cognitive well-being. In one study, frequent dancing lowered the risk of dementia in older folks (between 75 and 85 years old) by 76 percent—more than any other physical activity, such as walking or swimming, and also more than mental pursuits, like reading or playing board games. This may be because memorizing dance moves and combinations of steps works the brain in the same way that mastering any new skill does, while walking or swimming are fairly automatic and don't require the kind of brain power that creates fresh neurons and synapses. Other research has found that people who mastered complex dance routines scored higher on memory tests. And in general, any activity that promotes cardiovascular fitness impacts the physiological health of the brain.

You Will Need:

- **An expert who is a trained ballroom dancing instructor**
- **Music source (iPod with speakers, CD player, etc.)**
- **A table or other surface near an outlet**
- **Music suitable for ballroom dancing (if instructor is not supplying it)**
- **An open area large enough for up to 10-15 people to move freely in**

How It Works:

The instructor will have participants pair up and then demonstrate basic dance steps that the couples can then try themselves

Variations:

Have the instructor gauge the abilities of the group in order to make the steps easier or more complicated as needed.

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