



# TOTAL BRAIN HEALTH<sup>®</sup> FAIR STATION



10-15  
minutes



10-15  
people

## GET YOUR GROOVE ON!

### TBH Focus:

**Body** | *Move It*

### The TBH Science:

Who'd have thought you could boost brainpower by boogying down! Yet that's exactly what scientists have found while looking at the effects of dance on various aspects of cognition. In one study, dancing beat out a slew of other activities when it came to reducing the risk of dementia in folks over 75. In other research, people who mastered complex dance routines performed better on memory tests. What's more, many of the same factors that jack up the risk of heart disease are also known to increase the risk of dementia. These risk factors include obesity, diabetes, high blood pressure, high cholesterol, and a sedentary lifestyle—all of which can be managed with exercise, meaning that what's good for the body is good for the brain. In fact, research has found that people who exercise daily have a lower risk of Alzheimer's.

### You Will Need:

- **An instructor who can teach line-dance moves, such as the Hustle**
- **Music source (iPod with speakers, CD player, etc.)**
- **A table or other surface near an outlet**
- **Music appropriate for disco or line dancing**
- **An open area large enough for up to 15 people to move around**

### How It Works:

The instructor will demonstrate dance moves and then have participants follow along with the music.

### Variations:

**Up the Ante:** Ask the instructor to invite participants to make up their own dance moves and take turns teaching them to the group.

**Make It Easier:** Ask the instructor to slow the pace and/or simplify the moves; have chairs available for participants who aren't able to stand so that they can move their feet and hands while seated.



# TOTAL BRAIN HEALTH<sup>®</sup> FAIR STATION

GET YOUR GROOVE ON!

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---