OPTIMUM HEALTH THROUGH DANCING

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Health is very essential to humans. It gives us energy to move and to do our daily tasks. Without it, life is very unsatisfying. An unhealthy body can lead to frustration. Now the challenge is: How do people keep their body healthy?

There are many activities that will boost our body and mind to keep us healthy and strong. One of them is through dancing. How does dance keep our body vigorous? Dance allows humans to establish a good posture. A good posture is important to all people of different ages. Teenager can stand and sit correctly and develop good posture through dance. An adult man or woman can maintain and restore their good posture through frequent participation in a dance. It toughens the bones and reduces muscle pain. It keeps them energetic and active. Dance also increases self-confidence.

Dance arouses brain cells. Dance, according to Nichelle (2014), requires people to use multiple parts of their brain at the same time. Indeed, dancers need to activate their brain and use their mind to memorize the steps in order to execute these acts with grace. It allows them to use their mind to send signals on the muscles to perform the dance moves. In this way, people maintain good health while stimulating cognitive ability.

Dance makes people communicate. It lets dancers to express themselves through different body activities. Body movements serve as the language of the dancers. It allows them to send signals and messages. Dance allows free movement of the body. It also releases their emotions and feelings. Dancers deliver messages that language cannot do.
Dance improves body reflexes. It strengthens the muscle and other parts of the body to quickly react to different situations. It permits body to respond in time. Dance improves blood circulation. It makes people healthy whenever they dance because it allows a smooth and continuous movement of the blood inside the body that makes us lively. Dance also improves the condition of the lungs. It prevents difficulty of breathing and allows easy passage of the oxygen that our body needs.

Dance forms the body of the dancers. It shapes their legs and arms to build a fit and firm figure. It develops the whole appearance of the people. Dance reveals people’s determination through accomplishing difficult movements and angles.

Dance is a form of art. It is also a form of exercise. It never loses its styles. It also never fails people on its health benefits. It gives you a strong body and a healthy mind. Dance is life.

References:
