Physical fitness is all the rage these days. Many people realized how important is to sustain healthy living and life style.

In school, it is engraved to the minds of the students how important good health is. It is why Physical Education has been a part of the Basic Education Curriculum under various subjects like Science and MAPEH. In the midst of all the frenzy for the better health, the focus is diverted to ways to stay fit and healthy. One great way to do is through dance.

Dance is a very powerful exercise that can target different parts of the body. It is also accessible tutorial videos and dance instructions are readily available in different internet websites like Facebook and Youtube. There is no reason to take body fitness and health improvement for granted.

For beginners it is advised to source out easier reference and less complicated choreography. After series of practice, it will build up to the desired intensity.

For students dance can also be a recreational activity. It relieves stress and to reintroduce body circulation. It also helps students to keep their wits for it improves their brain power, mental sharpness, and increases their agility and attention span. In addition teaches them survival skills to be resilient and determined. More so, it gives them a chance to be resourceful and to try again despite failed attempts.

References:

www.berkeleywellness.com

The Pleasure, Power, and Art of Movement by Gerald Jonas