

Jesuit Classical High School Osijek

# Dancing 101



ERASMUS+ PROJECT  
THE CHALLENGE TO A HEALTHY LIFE  
2021-1-RO01-KA220-SCH-000024460



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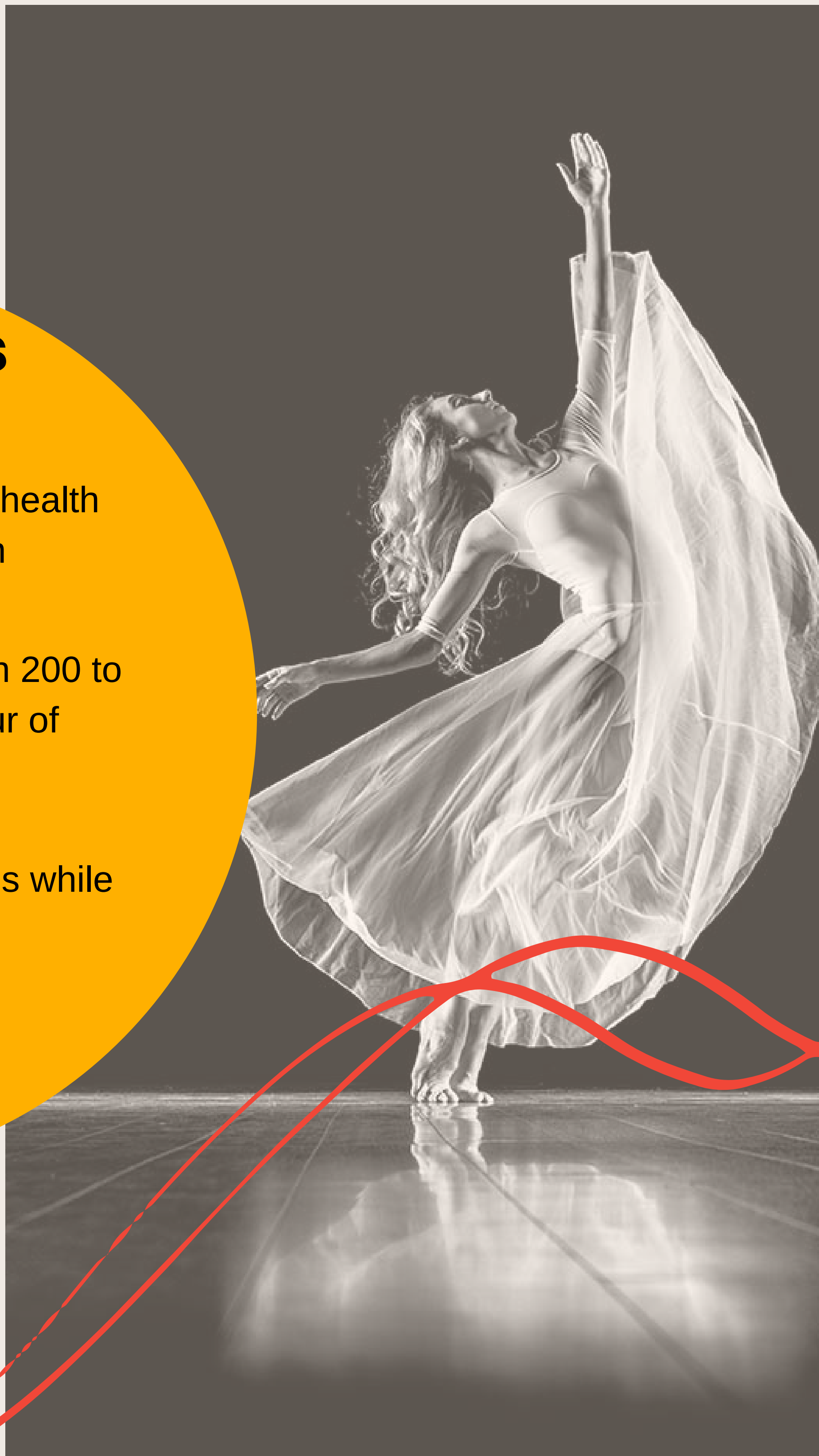
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# Why?

## **BURNING CALORIES**

- Physical activity is necessary for health and dancing provides a super fun workout
- You can burn anywhere between 200 to 400 calories with just half an hour of continuous dancing.
- Sounds very good to burn calories while having fun, doesn't it?







## **CONNECT WITH YOURSELF**

- We can connect with ourselves and the emotions that we suppress, such as anger, anger, anxiety and worry, so that the dance can be directed in a healthy way, which helps with emotional control during the days.
- Dance the negative emotions away!





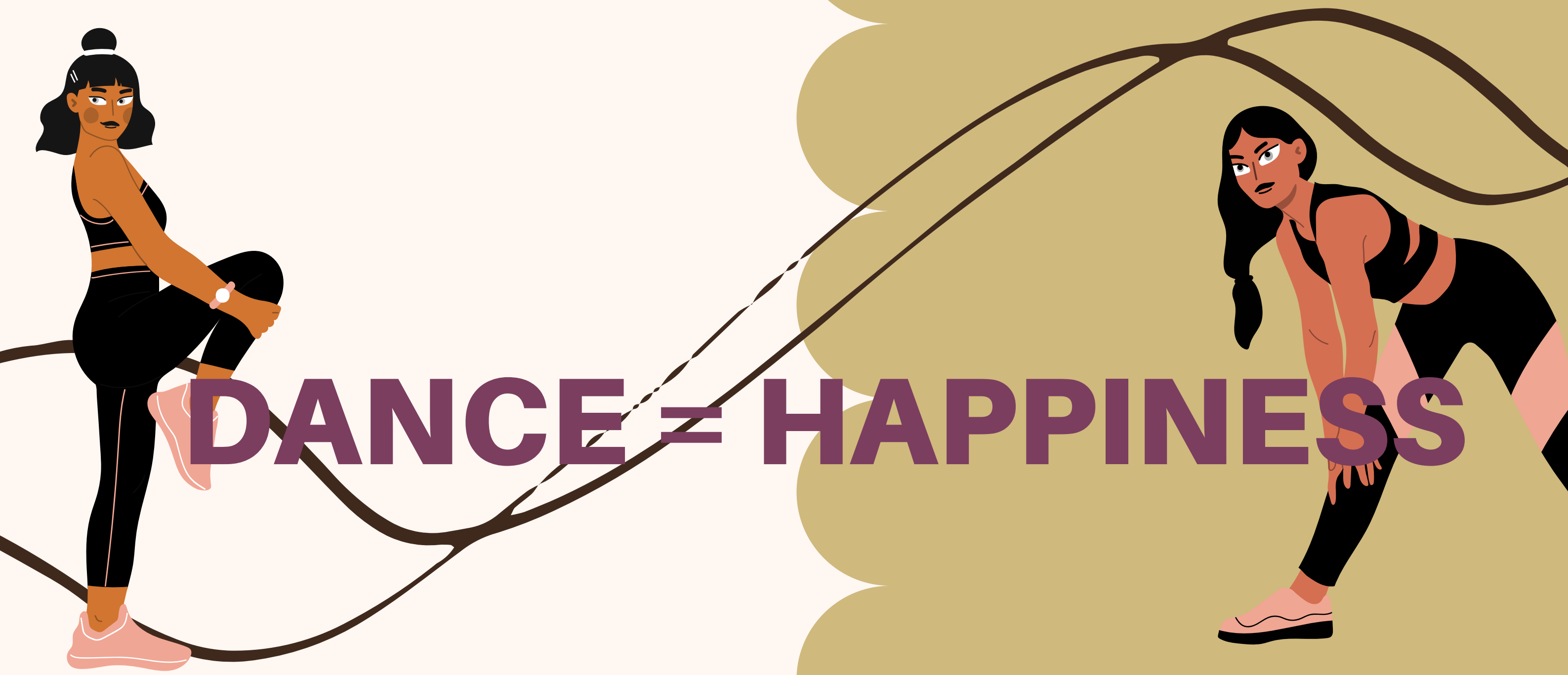
## **CONNECT WITH OTHERS**

- Dance is a social activity, which gives it many opportunities to interact with other people.
- Taking dance classes can improve interpersonal relationships, as it is a meeting place for making friends and improving the development of social skills.

● We live in a very stressful world and we all need to find an activity that will make us happy

● Dance has been scientifically proven to reduce levels of cortisol caused by chronic stress.

● It also causes the brain to release dopamine – a natural mood booster, and endorphins – a natural painkiller



● Music and dance do not only activate the sensory and motor circuits of our brain, but also the pleasure centers.

● We can conclude by saying that dance = happiness



# Art or sport?

- Improved condition of your heart and lungs.
- Increased muscular strength, endurance and motor fitness.
- Increased aerobic fitness.
- Improved muscle tone and strength.
- Weight management.
- Stronger bones and reduced risk of osteoporosis.
- Better coordination, agility and flexibility.

## BENEFITS OF DANCING

- Looking at the benefits we can say that dance gives you benefits like other sports but dancing is also an art form.
- A goal in itself and a means of allowing a human being to express his inner feelings, thoughts and experiences. Dance is a natural form of self-expression: the body expresses itself naturally and so does the spirit.



Learn different types of dance.  
There are so many different genres of dance that you may be unsure of which to choose when deciding to learn to dance

Look up, not down while you dance.

Relax and have fun dancing.

Listen to the music and find your rhythm.

Stretch and work on your flexibility every day.



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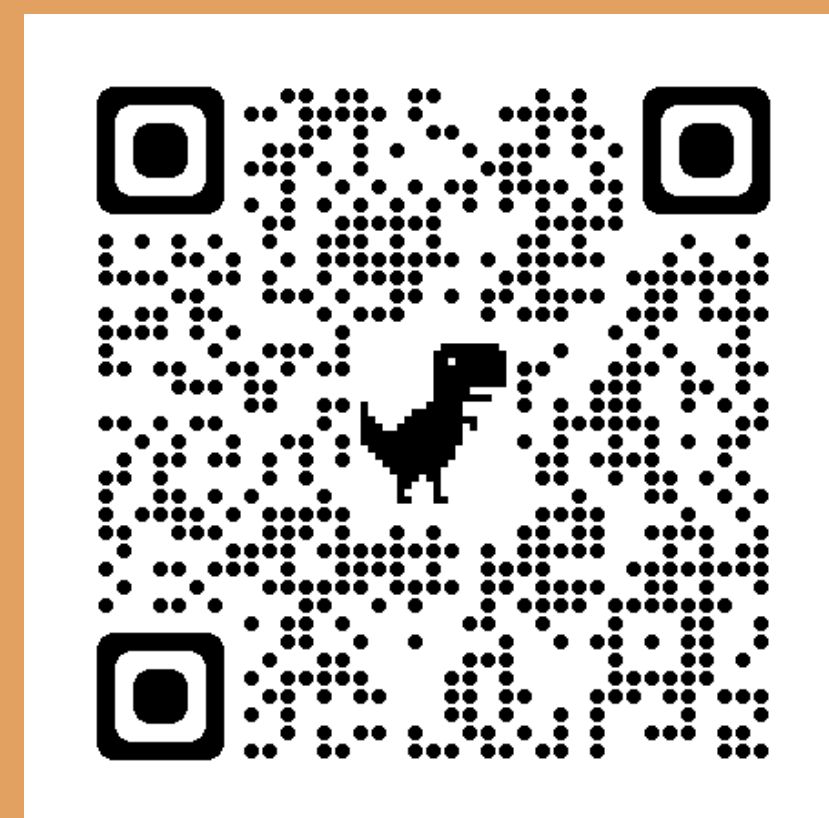


# Challenge yourself

- If you like music and dancing while working out, you should try Zumba.



- If you like rumba, samba or salsa you can dance even in your room.



- Or you can simply close your eyes and jump around your room and enjoy!



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