



dance out diabetes

Diabetes in Real Life

Get into the Groove: Six Reasons to Start Dancing Now

Dancing is more than just a fun night out with friends. Clinical research has found that it provides a variety of health benefits as well. Read on to learn how dance feeds your mind, body, and soul...and helps keep your diabetes in line.

Fight Dementia



A study of seniors age 75 and older published in the New England Journal of Medicine found that those who participated in frequent dancing as a leisure activity lowered their risk of dementia by a staggering 76%.

Get Smarter

In addition to protecting our brain, numerous studies have found that routine dancing can improve cognitive function. Researchers believe that learning new dance steps promotes the neuroplasticity that keeps our brains nimble and able to retain new information.

Gain Grace

Do you consider yourself klutzy or uncoordinated? Research of structured dance programs has demonstrated that frequent dancing promotes better posture and reaction times and can also improve motor skills.



Love Yourself...and Others

Participation in regular group dance lessons can give a boost to your confidence and self-image. And of course it's a great way to make new friends who share a common, healthy interest.

Lose Extra Pounds

Dancing is a great way to burn calories and fat. A 154-pound adult can burn 330 calories in an hour of social dancing. So dinner and dancing may be one of the healthiest ways to spend a night on the town. In addition, dance is a great way to tone your legs and build muscle strength.



Take the Lead with Diabetes

Last but not least, dancing (like most exercise) lowers your blood sugar. A growing body of research has demonstrated that structured dance programs can help improve A1C, lipids, and overall psychological well-being. One 2009 study of African American women with type 2 diabetes found that those who danced in a program twice a week for three months significantly improved both their blood pressure and body composition. And perhaps more important, the support they received from other women in the program kept them coming back each week.



So put on your dancing shoes, kick up your heels, and dance your way to a healthier life today.