

Ballroom Dancing for Seniors

Written for the All Points Bulletin Newsletter Subscription Service

Client: Brazzell Marketing

One nostalgic activity is dancing with a partner in an elegant setting to a band playing romantic classical music. Seniors can relive these memories by doing ballroom dancing in their homes as an exercise to improve health. Being an activity that requires two people, both individuals can take advantage of the health benefits ballroom dancing has to offer.

Ballroom dancing is an enjoyable way to treat health-related issues most common with seniors such as dementia and osteoporosis. The steps of ballroom dancing are simple to learn, and they will be done repeatedly thus enhancing memory. Also, seniors are engaging in a social activity. Playing music in the background while dancing can help with relaxation and put both dancers in a good mood.

Despite ballroom dancing being a slowly paced activity with a low amount of required movement, the activity has its physical advantages that seem to be designed for seniors. Dancing with a partner is practice for maintaining balance which could help reduce the risk of falls. Even slowly dancing, the body is constantly moving. The movement of the body results in a healthier heart rate, and it can also make fragile bones stronger.

Along with its health benefits, ballroom dancing offers seniors offers fun, smiles, and laughter.