

## HealthyVibe - Dance your way to good health page 22

**HEALTHY  
BODY**

### HEALTHY VIBE

## Dance your way to good health

It's time to move it, move it ...



**EXERCISE DOESN'T HAVE TO BE SOMETHING YOU DREAD, IN FACT SHAKING YOUR BOOTY IS ONE OF THE BEST WORKOUTS YOU CAN DO. THESE DAYS, IF YOU LOVE TO SHOW OFF YOUR MOVES THERE IS A HUGE CHOICE WHEN IT COMES TO DANCERCISE.**

**E**ven people who say they hate exercise are often the first ones to get up at a party and strut their stuff – that's because they're not thinking about exercising, they're just having fun and enjoying themselves.

While some dance classes are specifically designed for exercise, such as Zumba and Dancercise, other classes, such as hip hop, crumping, jazz, funk, disco, ballroom, tango, street dancing, African, Cuban salsa, tap and even ballet, are simply about learning the steps, having fun and moving it. Then of course there's our very

own traditional dancing, which is always a great way to get fit and shake-a-leg.

Whether your class is in a gym or a dance studio, one thing's guaranteed, dancing will get your heart pumping and tone up your muscles from head to toe.

There are no age barriers when it comes to dancing and dance classes come in all shapes and sizes. It may also be a good idea to complement your dance classes with a good stretching class like yoga or Pilates.

Apart from the physical health benefits of exercising, dancing is also good for your mental health, especially if you remember to keep smiling and enjoy the music. Music therapy is a recognised form of therapy, which treats everything from brain functioning and motor skills through to behaviour and social skills. One part of music therapy involves moving to music because by combining music with dance you not only get the mental-health benefits but also a workout.

We all know that stress is one of the leading causes of poor health and dancing is a great way to have fun. Like all forms of exercise, dance can give you a natural high from chemicals called endorphins, which are released into your body after a boogie

Physically, dancing strengthens the lungs, heart and body muscles. It increases flexibility, agility and coordination and, like all exercise, it can help lower your risk of osteoporosis. Getting hot and sweaty will also help you look and feel better and it can be a fun way to lose weight without ever having to step on a treadmill. Dancing is also a great way to meet new people and improve your confidence.

All dance styles are beneficial, the most important thing is to choose a class that's fun and that you really enjoy. Make sure you drink plenty of water and if you want to really see the physical benefits of your workout, try to follow a good healthy diet that includes at least five vegetables and two fruits a day combined with fresh low-fat seafood or meat and wholegrain breads, cereals or pasta.

To find a dance class in your local area, just Google 'dance classes' or visit your local gym or dance school to find what's on offer.

### I FEEL GOOD ...

Dancing can help you feel good physically, but there are also some dances that are specifically designed to help you feel better emotionally. Dance-movement therapy has been used for years in India for work with healing victims of violent crimes, slavery and HIV/AIDS. In Australia, there are classes in dance therapy, chakra dance and movement therapy, which all focus on the expression of emotions through dance in a safe environment and in bringing awareness to the connection between the health of the mind and the body. For more information, Google 'healing dance'.

# VIBE SCHOOL

Issue 169  
Years 3-4

Dancing is a great way to exercise. When you dance, you tone up your muscles, strengthen your lungs and give your heart a workout.

There are a lot of different dance styles to try out, like hip hop, ballroom dancing, ballet and Traditional dance.



Read 'Dance your way to good health' on page 22

## ACTIVITY 1 READING FOR MEANING

There are three levels of comprehension questions:

**Level 1** – Literal. The answer is located in one sentence in the text.

**Level 2** – Inferred. You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.

**Level 3** – Applied. The answer is in your background knowledge, what you already know or feel.

### 1. Dancing is one of the best workouts you can do. (literal)

TRUE ☐

FALSE ☐

### 2. List three dance styles. (literal)

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### 3. In what order would you do these? (inferred)

Number the boxes 1, 2, 3.

- ☐ Stretch your muscles before each dance session.
- ☐ Find a dance group to join.
- ☐ Drink plenty of water while you are dancing.

### 4. What do you think would be one good thing about dancing on a regular basis? (applied)

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## ACTIVITY 2 LANGUAGE CONVENTIONS - SPELLING

The spelling mistakes in these sentences have been underlined.

Write the correct spelling for each word in the box.

1. Danceing can keep you fit and healthy.

2. Exersise can be fun.

3. If you dance, your mussels will be strong.

Each sentence has one word that is incorrect.

Write the correct spelling of the word in the box.

1. You will be **haveing** fun while you dance.

2. Dance will get your **hart** pumping.

3. **Exerciseing** your body will keep you healthy.



## ACTIVITY 3 LANGUAGE CONVENTIONS - GRAMMAR

Which word correctly completes these sentences? Shade one bubble.

1. Dancing is great exercise \_\_\_\_\_ it strengthens your lungs, heart and body muscles.

- ☐ although
- ☐ because
- ☐ that
- ☐ then

2. Dancing can be a fun way to \_\_\_\_\_ weight and keep fit.

- ☐ lose
- ☐ lost
- ☐ loss

3. Dancing \_\_\_\_ a great way to have fun.

- ☐ is
- ☐ were
- ☐ are

## ACTIVITY 4 LANGUAGE CONVENTIONS – PUNCTUATION

Read these sentence. Some words and punctuation have been left out.

Which words and punctuation correctly completes each sentence? Shade one bubble.

1. Put the commas (,) where they should go in this sentence.

Dance classes such as hip hop disco ballroom and salsa are about learning the steps.

2. Put the three (3) apostrophes where they should go in this sentence.

Dancing doesnt have to be hard work because its fun when youre not thinking about exercising.

3. "Why not bring all your friends along to dance \_\_\_\_\_ she asked.

- ☐ class"
- ☐ class?"
- ☐ class?,"
- ☐ class."

## ACTIVITY 5 WRITING A LETTER

**Write a letter to persuade your teacher to let your class do hip hop for sport.**

Use some facts from 'Dance your way to good health' and your own examples to support your arguments.