

### Why Dance?

Note: This should not be taken as medical advice. Please consult your doctor or professionals if there is any questions or concerns regarding your health and dancing.

Scholars, researchers, and experts have found that dancing can:

- Have positive effects on cancer patients (2018: *Journal of Cancer Research and Clinical Oncology*) <https://www.ncbi.nlm.nih.gov/pubmed/29423728>
- Be beneficial for those with hearing loss as it can be relaxing, allows them to overcome their challenges with deafness, and bring a sense of togetherness (2014: *Acta Gymnica*) [https://gymnica.upol.cz/artkey/gym-201404-0005\\_the\\_benefits\\_of\\_square\\_dancing\\_as\\_a\\_means\\_of\\_physical\\_activity\\_for\\_czech\\_dancers\\_with\\_hearing\\_loss.php](https://gymnica.upol.cz/artkey/gym-201404-0005_the_benefits_of_square_dancing_as_a_means_of_physical_activity_for_czech_dancers_with_hearing_loss.php)
- Be beneficial for those with hypertension as it can lower high blood pressure (2016: *International Journal of Cardiology*) <https://www.sciencedirect.com/science/article/pii/S0167527316311834#!>
- Improve cognitive function, motor function, and mental symptoms in those suffering from Parkinson's disease. (2015: *Complementary Therapies in Medicine*) <https://www.sciencedirect.com/science/article/pii/S0965229915000114>
- Have the potential to help immune functions in women if paired with honey supplementation (2017: *Journal of Traditional and Complementary Medicine*) <https://www.sciencedirect.com/science/article/pii/S2225411016300335>
- Improve blood pressure, quality of life, and sleep in middle-age women (2016: *Medicina Clinica*) <https://www.sciencedirect.com/science/article/abs/pii/S2387020616306842#!>
- Reduce perceived stress, pain severity, and pain interference in patients with breast cancer undergoing radiotherapy (2016: *Journal of Pain and Symptom Management*) <https://www.sciencedirect.com/science/article/pii/S0885392416001172>
- Improve quality of life and body image in patients with breast cancers, reduce distress in patients suffering from depression, improve balance and coordination in patients with Parkinson's disease, and improve the quality of life with those with heart failure (2012: *The Arts in Psychotherapy*) <https://www.sciencedirect.com/science/article/abs/pii/S0197455612000998#!>
- Have a positive impact on health consciousness and life satisfaction in individuals who participate in dance programs (2015: *Procedia – Social and Behavioral Sciences*) <https://www.sciencedirect.com/science/article/pii/S187704281505079X>
- Be beneficial for survivors of sexual abuse as proper touching can have healing properties (2018: *American Journal of Dance Therapy*) <https://link.springer.com/article/10.1007/s10465-018-9275-7>
- Be positive for individuals on the autism spectrum as dancing can activate social engagement (2017: *American Journal of Dance Therapy*) <https://link.springer.com/article/10.1007/s10465-017-9249-1>
- May be helpful for individuals who are grieving (2018: *American Journal of Dance Therapy*) <https://link.springer.com/article/10.1007/s10465-018-9281-9>
- Assist in stress management (2012: *The Arts in Psychotherapy*) <https://www.sciencedirect.com/science/article/abs/pii/S0197455612001104#!>
- Improve the quality of life for individuals (2012: *The Arts in Psychotherapy*) <https://www.sciencedirect.com/science/article/abs/pii/S0197455612000329>
- Decrease depression and increase self-efficacy in People with Self-Referred Affective Symptoms (2013: *American Journal of Dance Therapy*) <https://link.springer.com/article/10.1007/s10465-012-9141-y>

- Be helpful for those with depression (2014: *The Arts in Psychotherapy*) <https://www.sciencedirect.com/science/article/abs/pii/S0197455614000719>
- Improve motor and non-motor disabilities and quality of life for individuals with Parkinson's disease (2014: *Neuroscience & Biobehavioral Reviews*) <https://www.sciencedirect.com/science/article/pii/S014976341400236X>
- Be beneficial for those suffering from depression, anxiety, stress, and trauma (2015: *The Arts in Psychotherapy*) <https://www.sciencedirect.com/science/article/abs/pii/S0197455615000040#!>
- Improve the quality of life, decrease depression and anxiety, and assist with positive mood and body image (2014: *The Arts in Psychotherapy*) <https://www.sciencedirect.com/science/article/abs/pii/S0197455613001676>
- Be helpful for individuals who are suffering from schizophrenia as it can help with anger control (2015: *The Arts in Psychotherapy*) <https://www.sciencedirect.com/science/article/abs/pii/S019745561500060X>
- Help young adults diagnosed with severe autism. (2013: *The Arts in Psychotherapy*) <https://www.sciencedirect.com/science/article/abs/pii/S0197455613001500#!>
- Improve cognitive functioning, mood, physical fitness, social function, self-confidence and cause people to dance more (2016: *Complementary Therapies in Medicine*) <https://www.sciencedirect.com/science/article/pii/S0965229916300322>

#### Obese

- Improve the quality of life for obese people (2017: *Obesity Research & Clinical Practice*) <https://www.sciencedirect.com/science/article/pii/S1871403X16300023#!>
- Help with body image, self-esteem, and psychological distress in obese women (2012: *The Arts in Psychotherapy*) <https://www.sciencedirect.com/science/article/abs/pii/S0197455612000226>
- Help improve health-related quality of life, body consciousness, and personality in obese patients (2012: *Patient Education and Counseling*) <https://www.sciencedirect.com/science/article/pii/S0738399112002972>

#### Elderly

- Help improve the balance in elders, which can reduce their number of falls (2014: *Archives of Gerontology and Geriatrics*) <https://www.sciencedirect.com/science/article/abs/pii/S0167494314000430>
- Bring benefits to physical function, quality of life, and social engagement of older adults. (2018: *Geriatric Nursing*) <https://www.sciencedirect.com/science/article/pii/S0197457218301782>
- Help improve cognitive function in the elderly (2012: *Psychology of Sport and Exercise*) <https://www.sciencedirect.com/science/article/pii/S1469029212000489>
- Improve walking speed in older adults who are suffering from lower extremity pain (2014: *Geriatric Nursing*) <https://www.sciencedirect.com/science/article/pii/S0197457214001426>
- Improve cardiorespiratory fitness in older people (2016: *Complementary Therapies in Medicine*) <https://www.sciencedirect.com/science/article/pii/S0965229916301406>
- Assist in balance, quality of life and functional capacity in older individuals (2016: *Public Health*) <https://www.sciencedirect.com/science/article/pii/S0033350616301846>
- diminish depressive symptoms that may lower the amount of antidepressants in elders who suffer from depression (2014: *Journal of the American Medical Directors Association*) <https://www.sciencedirect.com/science/article/pii/S152586101400231X>

- Help improve quality of life, mood, and cognition in the elder and those with Parkinson disease. (2015: *Maturitas*) <https://www.sciencedirect.com/science/article/pii/S0378512215300372>

#### Children/adolescents

- Significantly change the mood for adolescents that suffer from psychiatric disorders (2014: *The Arts in Psychotherapy*) <https://www.sciencedirect.com/science/article/abs/pii/S0197455614000471>
- Improve body image satisfaction and physical self-perception in adolescent girls. (2006: *Body Image*) <https://www.sciencedirect.com/science/article/abs/pii/S1740144505000811>
- Assist children in their educational process by helping them find their potential, become more self-aware, be comfortable in their own body, and improve their intellectual abilities. (2013: *Procedia – Social and Behavioral Sciences*) <https://www.sciencedirect.com/science/article/pii/S187704281304977X>
- (may) assist in the prevention of child sexual abuse cases in a community (2018: *American Journal of Dance Therapy*) <https://link.springer.com/article/10.1007/s10465-018-9286-4>
- Improve motor, cognitive, and psychosocial functions among children with Charcot-Marie-Tooth disease (2016: *Annals of Physical and Rehabilitation Medicine*) <https://www.sciencedirect.com/science/article/pii/S1877065716302147>
- Be beneficial for adolescents with Autism Spectrum Disorders as dancing has the ability for them to work on their social experiences in a non-threatening environment (2015: *Procedia – Social and Behavioral Sciences*) <https://www.sciencedirect.com/science/article/pii/S1877042815041191>
- Help children who have been chaotic and disorganized become less so and improve their ability to work with others (2006: *The Arts in Psychotherapy*) <https://www.sciencedirect.com/science/article/abs/pii/S0197455606000025>
- Reduce anxiety and increase the self-confidence of high school-age individuals (2014: *Procedia-Social and Behavioral Sciences*) <https://www.sciencedirect.com/science/article/pii/S1877042814053725>
- Assist in the overall wellness in adolescent females as dancing allows her to get to know herself and how her body works better. (2015: *American Journal of Dance Therapy*) <https://link.springer.com/article/10.1007/s10465-015-9199-4>
- Promote problem solving and reinforcement of non-dance knowledge in the K-12 setting. (2008: *Educational Researcher*) <https://www.jstor.org/stable/25209041>
- Be therapeutic for childhood sexual abuse survivors as it can allow them to find their inner rhythm and space, understand personal boundaries and relationships. (2015: *The Arts in Psychotherapy*) <https://www.sciencedirect.com/science/article/abs/pii/S0197455615000702>
- Improve the quality of life and rhythmic ability in children with neuromuscular disease and cerebral palsy (2018: *Annals of Physical and Rehabilitation Medicine*) <https://www.sciencedirect.com/science/article/pii/S1877065718311461#!>
- Assist in the development in one's potential and conquer personal difficulties in high school students (2018: *The Arts in Psychotherapy*) <https://www.sciencedirect.com/science/article/abs/pii/S0197455617300047>
- Contribute to the personality, physical, mental and intellectual wellbeing in school age children (2013: *Procedia – Social and Behavioral Sciences*) <https://www.sciencedirect.com/science/article/pii/S1877042813046764>
- Help with self-management and relationship skills in school age children (2017: *The Arts in Psychotherapy*) <https://www.sciencedirect.com/science/article/abs/pii/S0197455616300491>
- Help improve fitness and gross motor skills in children in Grades K-8 (1989: *Research in Rural Education*) <http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.567.1467&rep=rep1&type=pdf>

- Increase levels of physical activity among overweight and obese adolescent girls (2017: *Journal of Sport and Health Science*) <https://www.sciencedirect.com/science/article/pii/S209525461630103X>
- encourage academic cooperation in adolescents (2014: *Psychology of Sport and Exercise*) <https://www.sciencedirect.com/science/article/pii/S146902921400051X>

#### Social

- Assist in the creation of relationships with others (1995: *Journal of Popular Culture*) [https://onlinelibrary.wiley.com/doi/abs/10.1111/j.0022-3840.1995.2901\\_61.x](https://onlinelibrary.wiley.com/doi/abs/10.1111/j.0022-3840.1995.2901_61.x)
- Help individuals feel better connected with their community (2018: *Journal of Rural Studies*) <https://www.sciencedirect.com/science/article/pii/S0743016717306307>
- Help people better understand each other (2018: *Journal of Experimental Social Psychology*) <https://www.sciencedirect.com/science/article/pii/S0022103117303931>
- Assist individuals to be more empathetic towards one another (2012: *The Arts in Psychotherapy*) <https://www.sciencedirect.com/science/article/abs/pii/S0197455612000214#!>
- Create interpersonal synchrony that may have empirical ramifications for social interaction. (2014: *Neuroscience*) <https://www.sciencedirect.com/science/article/abs/pii/S0306452214006241>
- Encourage social-connectedness and joy (2017: *Complementary Therapies in Medicine*) <https://www.sciencedirect.com/science/article/pii/S0965229917301103>
- “Dance is an enjoyable, culturally appropriate, low cost method for increasing access to physical activity for children and families.” (2017: *Journal of Pediatric Nursing*) <https://www.sciencedirect.com/science/article/pii/S0882596317302907>
- Allow the opportunity of inclusion and better cultural understanding (2007: *American Journal of Dance Therapy*) <https://link.springer.com/article/10.1007/s10465-007-9040-9>
- Assist with cooperative behaviors and social bonding (2016: *Evolution and Human Behavior*) <https://www.sciencedirect.com/science/article/pii/S1090513816300113>