



Dancing

can help you
stay on your feet®



Balance

Ballroom dancing involves standing on one leg, moving the body in complex positions and counter balance which develops balance, posture and poise.



Strength

Ballroom dancing involves supporting another person's weight, shifting weight, and quick movements, like jumping, pushing and pulling which require strength in the core and good body tone.



Endurance

Ballroom dancing can involve continued fast paced movement which increases the heart rate and breathing.



Agility

Dancing requires stopping, starting and changing direction quickly while being aware of the movements and position of your partner.



Flexibility

Flexibility in the muscles and joints, particularly of the hips and ankles is essential to complete many dance moves and sequences.



Coordination

Ballroom dancing involves synchronised and isolated movements, both with a partner and also to the beat of music.



Cognition

Remembering routines, completing complex movement patterns and working in synchronisation helps maintain cognition and spatial awareness.

To find a class or a social dance
in Perth or regional WA visit
www.perthballroomdancing.com



Move Your Body to stay on your feet®



Balance

Balance is our ability to stay upright and stationary when standing still and in control during movements. Balance occurs unconsciously and helps us with activities, like walking and going down stairs. We can improve our balance with thirty minutes of physical activity that challenges our balance most days.



Strength

Strength training is when we do exercises against resistance, perhaps with a weight or resistance band, or just using our own body weight. Strong muscles help protect our joints and bones, and also protect us from injury. As we get older our muscles naturally lose some of their size and bulk, but doing strength training 2-3 times per week can slow this process down.



Endurance

Endurance or aerobic exercises increase your heart rate and breathing for an extended period of time, which supports a healthy heart. A healthy heart can help us maintain lower blood pressure, cholesterol and promote a healthy weight.



Agility

Being agile allows us to stop, start and change direction quickly. This is important to avoid an unexpected obstacle in our path or catch ourselves if we trip. As we get older changes to our body can slow our reaction time however exercises that focus on strength, balance and coordination can improve our agility.



Power

Power is when our muscles work forcefully and as quickly as possible. Powerful muscles help us to stand up quickly, lift a heavy object and catch our self if we fall. Our muscles ability to produce power reduces as we get older however exercises that incorporate power such as jumping or weight training can reduce this.



Flexibility

Flexibility is when our muscles can easily stretch and our joints move well. This allows us to move, turn and bend, as well as stretch to reach things when we need them. The less we move, the less flexible we become, so moving our body through its full range of motions twice a week helps us stay flexible and prevents injuries.



Coordination

Coordination is when we use our arms and legs together in an efficient pattern. Coordination is needed to do everyday things like getting out of a car or stepping over objects in our way. We can improve our coordination by taking part in activities that challenge our coordination.



Cognition

Cognition is how our brain receives and uses information. This can be affected by a variety of health issues such as dementia. Staying active and upright uses different parts of our thinking and memory, so keeping a healthy mind can help prevent falls. We can keep our brain healthy with tasks that involve thinking or multitasking such as physical activity.

To find out more about how you can stay on your feet®
visit www.stayonyourfeet.com.au or phone 1300 30 35 40

It is advised that activities are performed with proper supervision and a sufficient assessment is completed by your doctor or health care professional prior to undertaking activity.