

Dancing Your Way

I adore dancing! Since early childhood, I always admired the movement of professional dancers and my mother used to laugh every time I glued my head in front of the TV set, during a dancing contest or a dancing video. Then, my family had to endure the music playing loud in my room and me dancing around to the beat of my favorite tunes. In fact, professional dancing entered my life when I decided to register myself at a local ballet dancing class where I was able to examine the type of dancing movements I wanted and learn how to move better. I remember that my feeling was that life was too good to be true. But although I had to stop my classes, my dancing days are certainly not over. Today, every time I am given a chance, alone in the living room, or surrounded by friends at a night club, I enjoy moving my body to the sound of the music and dancing my way through towards the bedroom or the bar. What I find extremely pleasing is the fact that my friends enjoy the same kind of music and we always bring the beat wherever we go. What amazes me is the fact that I encounter dancers all year around anywhere I go and I am happy to see that regardless of age or physical levels, people enjoy dancing probably as much as I do. Have you ever noticed that dancers are always slimmer, healthier, have more energy and vitality, and seem to have a lot more fun than non-dancers? That is because dancing is one of the few fun ways one has to sustain a better health status. In fact, since dancing is fun, the good news is that people stick with it for a lifetime. This not only affects their dancing skills, but it impacts all the parts of their vigorous lifetime pursuits. It is generally admitted that when one is in good health, he or she is able to enjoy life in greater extend and avoid it have a negative impact on him or her every day. Dancers support that they feel younger than non-dancers and the truth is that they do look better! Moreover, couples who dance together "live long and prosper" together. If this sounds trite you better do your own research. When you find a couple who dances together, they tend to have long, loving lives - and they dance together all the way out of life. In fact, old age is not something that senior dancers are concerned about. They seem to have too much fun, dancing.

About the Author

Jonathon Hardcastle writes articles for <http://fitnesscentral.com/> - In addition, Jonathon also writes articles for <http://foodandourlives.com/> and <http://thenursingcenter.com/>

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