



West Coast Swing Dancing

Fun with Benefits
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Fun - Athletic - Social



- West coast swing is a positive and social activity.
- Burning Calories helps overall health.
- Social interaction is important for personal growth.

Take your mind off the daily grind.

- Lots of technique to think about.
- Plenty of music to occupy your mind.
- Food and fun.

Meet New People

- Meet new friends.
- New business prospects.
- Dating prospects.
- Getting together outside of dance.

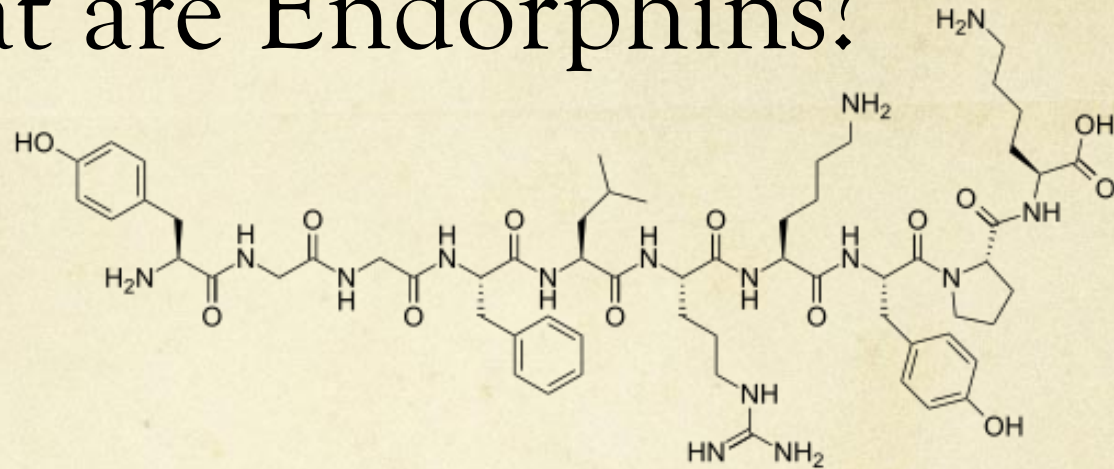


Exercise is a Major Factor for Mood and Health

- Exercise releases endorphins in the brain.
- West coast swing is a great source of exercise.
- Exercise has shown to extend your lifespan.



What are Endorphins?



- Produced by the pituitary gland and the hypothalamus during exercise, pain, and excitement.
- Commonly known is the “runner’s high.”
- What do they do for us?

West Coast Swing and Exercise

- Exercise has shown to increase your lifespan.
- Brisk walking burns 325 cal./ hr for a 160 lb. person.
- One pound of fat is made of 3500 calories.
- Dancing on and off for 1 hour burns 300 - 500 cal.
- The average swing night lasts 3+ hours.

Conclusion

- Meeting new people increases opportunities for business and dating.
- West coast swing releases endorphins and makes you feel good.
- Swing dancing is equal to or better than brisk walking and can help you live longer and lose weight.

References

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