

SQUARE DANCING IS A **FUN-FUN-FUN** SEMI-CONTACT ACTIVITY

With all its moving, twisting, and turning, square dancing provides more than the daily dose of heart and bone healthy physical activity. Remembering all the calls from "do-sa-do" to "allemande left" keeps the mind sharp, experts say. And the companionship that regular square dancing offers is an antidote to depression and loneliness, a statement confirmed by square-dancing advocates everywhere.

The touching in itself can be beneficial to health, according to studies conducted at the Touch Research Institute in Miami, which showed that regular touching can reduce stress and depression and enhance immune system function.

A typical evening is about two hours long and, in that time, usually 5 to 7 "tips" are called. A tip includes a "hash call" where the caller calls out some moves, which the dancers execute in smooth, choreographed routines -- and a "singing call," which can include all types of square-dance moves timed to fit popular songs. On any given evening, dancers will twirl across the floor to the music of John Denver's "Take Me Home, Country Road," the Bee Gees' "Stayin' Alive," Donna Summer's "She Works Hard for the Money," as well as songs by the Beatles and Elvis Presley. Today's square dancing is hipper than what most people see in movies, and more therapeutic than you might think. It takes your mind off of the day-to-day problems; and all those other worries and thoughts disappear when you are dancing.

You say you're tempted, but not sure if you've got what it takes? Don't underestimate yourself. Square dancing is not as complex as it looks; you just learn one move at a time and go from there. So what's stopping you from joining in all the fun? Square dance clubs are popping up all across the world, and they want you. On the inside of this pamphlet, is the name, area, and contact numbers of every club in this area.

Square Dancers in this area, as of this printing, run in age from pre-teens as young as 6 years old to one couple that are both over 90 years old, and are still dancing. So, as you see, Square Dancing is really something anyone can do.

SQUARE DANCING IS THE OFFICIAL DANCE OF THE YOUNG OF HEART

<http://www.squaredance.ca>
Toll Free Information line 1-866-206-6696

MANY reasons to square dance

It's great fun
Exercise to music
Gets you off the couch
Meet active & fun people
Laughter, and lots of hugs
Learn a new skill
You can dance anywhere
Did I say "IT'S GREAT FUN"
Gets your brain working

If you ask your doctor,
he or she will say
Square Dancing burns
about 300 calories an
hour and is a good form
of mild exercise for the
body, and the head.



**Square
Dancing**
GREAT
FUN, FUN, FUN
(with "U" in the middle)