

JANUARY 2019

# DYNASTY DANCE BEAT

NEWSLETTER  
VOLUME 1, ISSUE 1

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## Upcoming Events

Thurs. Jan. 10th— Adult Practice Party 8-9PM

Jan. 17th-19th— Nashville Starz Competition

Thurs. Jan. 24th— Adult Practice Party 8-9PM

Thurs. Jan. 31st— Kids Practice Party 7-8PM



The truest expression  
of a people is in  
its dance and in its music.  
Bodies never lie.

— Agnes de Mille

## Five reasons you should ditch your gym membership & pick up on dance

Let's face it, the gym is a great invention but it's not for everyone. A lot of people don't like exercising for many reasons—the gym is too crowded, they have anxiety about other people watching them/making fun of them, etc. As the new year begins, let's reflect on how dance can be better than working out at the gym.

1. **Dance gives you energy-** Next time you go out dancing, observe your energy level before you dance and again after you have danced. Even though you spent energy and burned calories, you will find you have a buzzing sensation that can last several hours, or even a few days. Dance has rejuvenating qualities — It actually gives you back energy rather than draining you of energy.
2. **Total body workout-** Dance is one of the only forms of movement that has the potential to give you a complete body workout in one session. Using the natural gravity of our bodies own weight, we automatically perform "weight bearing activities" when we dance.

Article continued on the next page.



Thank you to everyone who attended and participated in our Holiday Showcases and parties! We hope you all had a great time with us — as well as a happy holidays and fantastic start to 2019!

# DYNASTY DANCE BEAT

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## Five reasons you should ditch your gym membership & pick up on dance (Cont.)

**2. (Continued)** Dance movements are multi-directional versus the straight forward motion on treadmills, ellipticals, Stairmasters, etc. Joint mobility may benefit from these varied movements. Combined with a funky hip action and full torso movement, we can achieve a fantastic workout for stomach and back muscles, some of the hardest muscles to work. Workouts in the gym are the best way to reduce your weight. However, dance proves to be a better option because it burns off extra fat from your entire body. Forget those horrible abdominal crunches that bore some of us senseless, 45 minutes of Latin dancing with Evie will give you the best ab workout \$15 can buy!

**3. Reduced risk of injury-** Dance works within your bodily limits using your own body weight and unique range of movement. Each human body is put together with subtle differences, a longer leg here a sloping shoulder there; artificial equipment is designed for the average body structure and injuries can occur when this equipment is used incorrectly. Dancing allows us to work with the unique combination of our own movement. Also, it hurts less when someone steps on your toe than when a dumbbell falls on your toe.

**4. You won't plateau-** Once you start exercising regularly, it's easy to plateau — reaching a state of little or no change after a time of activity or progress. It is common in fitness when an exercise stays the same day after day. However, dance involves constant movement that is never the same. Your body will be challenged every time. There are level changes, from high on your toes to down on the knees, tempo changes, fast, slow, still—and rhythm changes, regular to syncopated. There are infinite combinations that take place, whether it's shaking the hips to spike your heart rate, or moving just the waist to work the obliques. This prevents boredom and keeps the exercise stimulating. Dancing is not like jogging, spinning, or rowing, which targets the same muscles over and over.

**5. You can dance anytime, anywhere!** You can dance sitting in your car, at a party or alone in your own home! You don't need a lot of preparation or even a partner, just clear a little space and turn up the music. Dance is 100% natural, our bodies were built to move, it feels great when we do it and is the best workout Mother Nature intended. It replenishes the body, clears the mind and nourishes the spirit.

### Did You Know..?

Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits including:

**\*improved condition of your heart and lungs**

**\*increased muscular strength, endurance and motor fitness**

**\*increased aerobic fitness**

**\*improved muscle tone and strength**

**\*weight management**

**\*stronger bones and reduced risk of osteoporosis**

**\*better coordination, agility and flexibility**

**\*improved balance and spatial awareness**

**\*increased physical confidence**

**\*improved mental functioning**

**\*improved general and psychological wellbeing**

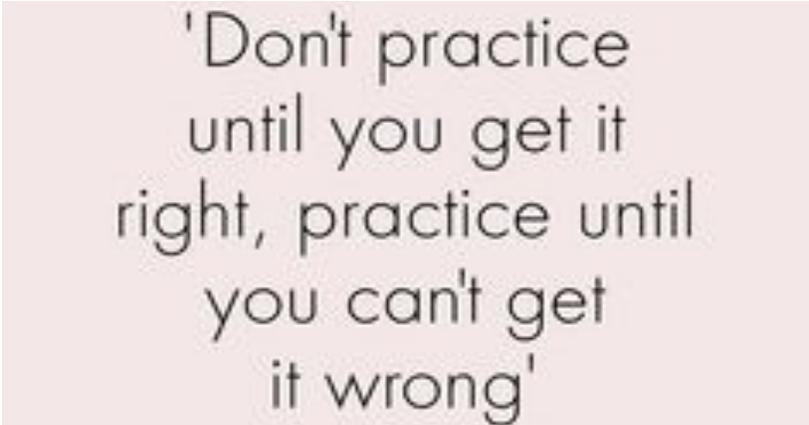
**\*greater self-confidence and self-esteem**

**\*better social skills.**

# *DYNASTY DANCE BEAT*

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January News Letter



'Don't practice until you get it right, practice until you can't get it wrong'

## **How to Improve Your Dancing Outside the Studio.**

Practice makes perfect! Especially with dance. While you can learn all the necessary skills in the studio, practicing outside of the classroom is what will really help your dancing excel.

**1. Schedule Practice Time-** Just like your dance lessons, you should also schedule a time to practice your dance skills at home. A schedule will help to hold you accountable, and make it easier to remember when it's time to practice.

**2. Practice at Peak Energy Times-** Don't schedule practice sessions at times when you feel drained of energy or should be resting. Find a time when you often feel energized and focused. Peak energy levels determined by our natural circadian rhythms usually occur around 10am and 6pm. But if you can't practice during these times, just ensure you don't practice at a time that will disrupt your sleep cycle.

**3. Repetition-** Dance class is best suited for learning new moves and for professional guidance from your trainer. Practicing at home is best for working on those corrections and mastering the moves before the next class. The more repetition of the movements, the faster you can advance to more new and exciting routines during studio time.

**4. Make Goals-** Create goals for your dancing and take the time to practice and learn to accomplish these goals at home. Setting tough but achievable goals will not only help you improve your skills, but it will also help you improve your commitment to the hard work and discipline that's necessary to really excel.

**5. Analyze Yourself on Video-** Tape your dance classes and then take the time at home to analyze yourself on the video. This can help you improve and correct areas that you're struggling with. It can also help you learn the steps that you often forget in class.

## *Save the date!*

### **February Events**

**Feb. 1st: First Night Out of 2019!**

**Feb. 7th: Adult Practice Party 8-9pm**

**Feb. 9th: First Mini Match of 2019! 11am-2pm**

**Feb. 15th-16th: Superstars Dancesport in Orlando**

**Feb. 21st: Adult Practice Party 8-9pm**

**Feb. 28th: Kids Practice Party 7-8pm**