

# HOW DOES DANCE HELP SPORT?

Taking dance classes can improve athleticism by increasing flexibility & endurance which are desirable attributes for many sports. Dance promotes lean muscle & agility, and helps develop a strong fitness foundation that you can apply to a variety of sport activities.

According to *Eric N Franklin, author of "Conditioning for Dance"*, says "taking dance class conditions your body's ability to deliver oxygen. This is beneficial for a variety of sports, from running through to gymnastics. The flexibility you gain from dance class will help prevent sports-related injuries, according to *Dr Peter Brukner - author of "The Encyclopedia of Exercise, Sport & Health"*.

Jean-Claude Van Damme (who studied ballet for years after obtaining a black belt in karate and kickboxing) said: *"Dance is an art, but it's also one of the most difficult sports. If you can survive a Dance workout, you can survive a workout in any other sport."*

David Franco, who played four years of baseball at Miami University says *"yes, dance training helps your footwork, coordination and balance, which are all positives on the ball field."*

## **Benefits of Dance include:**

- Injury Prevention
- Strength Training
- Agility
- Endurance
- Balance & Muscle Memory

## **Other Benefits:**

- Dance helps boys to express themselves
- Dance challenges create perseverance
- Dance creates individuals - practicing uniqueness & creativity
- Dance is about being fearless & builds confidence to be yourself.

