

Play, Dance,

Burn!!!

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Dancing is a great way to get moving, burn some calories and have some fun.

There are many health benefits to dancing and calories are being burned during the party. Here are some fun rhymes and songs to get you and your children up and grooving!

Jack Be Nimble- While teaching this classic nursery rhyme get the kids jumping! Use an empty toilet paper roll or a rolled piece of construction paper (something safe in case they don't make the jump!) and "jump" over the candle stick! Pinterest has a post of "Mother Goose inspired Olympics" each rhyme has an activity similar to this to get children's minds and bodies moving.

Button Factory- This one is a favorite from my childhood. If you don't know this one look up the lyrics! Every time the boss adds a button you use another body part to push it until your legs, arms, head and tongue are all bobbing and "pushing" the pretend buttons. Allows the kids to be silly while moving and stretching! (The <http://www.learningstationmusic.com/> has a nice version, along with other great kid friend songs)

We Are The Dinosaurs- The Laurie Berkner Band- This is a fun song that will encourage your kids to listen and follow directions. Marching, eating, sleeping and ROAR'ing like a dinosaur is always fun!

Tweens and teens need to keep moving too!

Electric Slide, Cha Cha Slide, Cupid Shuffle, or the Macarena? Maybe your kids can teach YOU a few moves!

Make up your own dance routine! It's easy as step to the left 1, 2, step to the right 2-3, jump,

turn, shake your booty repeat! Whatever makes you happy and gets you moving.

Have a dance off! We have all seen these on the big screen or at a few good weddings, but why not in your own living room or backyard? Challenge each member of your family to show off their best moves and name someone ultimate dance King or Queen!

Dancing Improves:

- Balance
- Mental function
- Social skills
- Confidence
- Weight management
- Coordination
- Flexibility
- Bone strength



CALORIES BURNED BY DANCING

| | Calories burned in 15 minutes | Calories burned in an hour |
|------------|-------------------------------|----------------------------|
| 80lb child | 33 | 130 |
| 140lb mom | 56 | 222 |
| 180lb dad | 72 | 287 |

Numbers calculated on calorielab.com