



Things You Can
Learn
From
**Dancing
Classes**

Dancing
Your Fats Away

Classes
Dancing
How
Learn

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Foreword

Dance may have been created for enjoyment, aesthetic expression, and socialization; but these days, it is considered one of the most effective ways of exercising for fat loss. In this course – Dancing your Fats Away – you will learn some of the things that make dance or dancing an excellent method of getting fit and healthy. Get all the info you need here.



Dancing Your Fats Away

Things You Can Learn From Dancing Classes

Chapter 1:

Introduction

Synopsis

By reading through this course consisting of 10 short chapters, you will learn why dancing is a good workout for weight loss and what specific types of dances, dance moves and steps contribute to realization of that objective. You will read a case study (chapter 10) that sums up the lessons you can get from dancing as a method of losing weight.



Course Preview

Gaining weight is easy; you eat a lot of calorie-rich foods, neglect exercises and that's it. The problem is that it is easy to get used to foods that induce weight gain and resting on the couch while watching your favorite program on TV. That is the reason why engaging in activities promoting fat loss requires a lot of willpower specially when the program you have chosen involves enduring low calorie diets and strenuous workouts. Of course, you probably do not know that there is an easier and more enjoyable way of working out; and that's dancing.

There are various kinds of dancing, some are slow and involves precise movements, and others are faster seemingly putting greater demands on the body. You would say that the faster dances are better for exercise, but it actually depends on the kinds of position a dance would require you to do. The more challenging the position, the more you get a proper workout.

Choosing The Right Dance

In case you are into a type that's fast, you can try hip-hop or salsa. If prefer slow dance, you can try ballet steps. Around 20 minutes every day of the dance of your choice should do wonders in getting you slimmer.

[Know more about Weight Loss Exercise](https://tinyurl.com/easyweightlossways)



<https://tinyurl.com/easyweightlossways>

Select the type that will not put a lot of stress on your body especially if you are not getting any younger. And like any other workout, start with the easier moves and proceed to the more challenging ones only when your muscles have adapted to the physical activity.

Advantages Of Dancing For Fat Loss

The main advantage of dancing over other types of workouts is that it is not wearisome because you can actually like it. Anything that gives enjoyment is easier to do and more than this, you will probably be eager to do it.

Another advantage of dancing for burning fats is you can do it anywhere – inside your house, in a park nearby, or if you have a cubicle or a private office, in the workplace. People being social beings, it is even more enjoyable when you can do it with friends.

Besides the physical benefits that directly results from fat burning, dancing teaches you another important lesson – discipline. This helps you develop a deeper commitment to your fat loss diet and other things important to your life.

Chapter 2:

The Tricks Behind Dancing

Synopsis

Great dancers have a couple of tricks under their sleeves which help them become better dancers. Some may be very gifted or talented at dancing; but talent alone can only get you so far, some of the tricks, rather, tips discussed below are guaranteed to aid you in achieving satisfactory results.



Find a Good Dance Coach

An experienced dancer knows all too well how valuable a good dance teacher is; an instructor not only teaches new dance moves or techniques but also helps to spot and correct mistakes. If you are one of those people who have been taking dancing lessons for some time but you never seem to improve, it may be time to find a new dance coach. You may embark on your search by checking the local dailies or the yellow pages for dance tutors; a number of universities offer evening dance classes at reasonable costs.

A good dance instructor should have been in the dancing business for a while and have some sort of dancing certification or qualifications. Ensure the teacher is qualified to teach the dance style of your choice; for instance, find out whether his/her forte lies in dance genres like jazz, hip-hop, modern, tap, or ballet.

Find an instructor who is proud of and dedicated to their craft, one who appears to be engrossed in the idea of teaching dance to their students. It goes without saying that your dance instructor should always be punctual for your sessions since a good dance teacher should strive to be a symbol of responsibility and excellence to their students.

Learn From Others

Watching other dancers, paying close attention to their techniques, posture and body alignment will help you grow as a dancer especially when you incorporate their moves into your dance routine. Dance movies can not only be entertaining but are also a great source of inspiration; some of them include Flashdance, Strictly Ballroom, Center Stage, Saturday Night Fever, Dirty Dancing, Mad Hot Ballroom, Save the Last Dance, Dance With Me, Shall We Dance, and Step Up.

Posture

Good posture involves standing up straight, pushing your shoulders back and down and then holding your head up high. Proper body alignment and posture is important as it helps dancers appear more confident if not elegant not to mention improving body control and overall balance. It is also one of the most vital aspects of dancing with a partner; slumping and slouching is not only bad for your health but it also reduces your level of alertness making you appear less confident.

Stretching

Stretching on a daily basis improves the flexibility of your body making your dance moves seem much more effortless since the more flexible your limbs, the easier it is for you to move them. Making a habit to do some stretches before dancing is an important step, though the most neglected, that will make a huge difference to your

dancing. A good stretching routine should focus on your muscles, also bearing in mind that a light jog or easy walking is sufficient enough to warm up the leg muscles.

Relax

Most people do their best dancing when relaxed which can be achieved by taking in a couple of deep breaths and clearing your mind by unwinding to some good music. Start by sitting with your back straight and your feet on the floor; you should feel comfortable and alert. With your eyes closed, take in a deep breath through your nose and then exhale slowly, again through your nose. Repeat this process and remember to practice daily for about 20 minutes before your dance session, you can also have mini relaxations through-out the day, both at work or at home.

Shoes and Technique

Good technique separates a good dancer from the best dancer since a professional dancer dedicates a lot of their time trying to perfect their techniques; it is important to master new moves but also strive to perfect your skills in each step.

Each dance genre requires specific types of shoes; dance shoes have been carefully structured to offer protection to the feet and legs to the dancer's benefit. Ensure that you are using the right kind of shoes and that the shoes also fit well so as to avoid hurting yourself.

Chapter 3:

Why Dancing Is the Way to Go For Fat Loss

Synopsis

Any type of physical activity that a person does on a regular basis can result to weight loss. It can either be running, jogging, climbing up and down the stairs or using the exercise equipment on a gym. It will eventually help in losing the excess fat in a person's body.



What Happens

If you are aiming to have a fitter body this 2013 but don't know what workout to do, why not consider dancing? Dancing is fun, creative and entertaining. Everyone can dance! Some lack the confidence, some lack rhythm, but everyone has the ability to learn.

Dancing is a type of aerobic exercise that can be done in a fast or slow pace, depending on what your body can handle. It is best done in a class with an instructor and other students so the risk of getting injured is low.

To be able to successfully lose weight by dancing, you should do it regularly. The right way to do it is to start with a warm up that can be done for at least five minutes. This will loosen up tight muscles in your body and help you move without hurting yourself. You should allow 30 minutes to an hour of dance at least 4 to 5 times a week. Depending on the intensity of your dance, you can lose up to 500 calories in just an hour session.

The best thing about dancing is that it's never boring. If one form of dance doesn't work for you, you can move on to a different one that fit your style and needs. There are different types of dances that you can try.

For instance, if you want something that is fast and can get your heart rate up in seconds, then zumba, hip hop or samba is the way to go.

For a slower, less intensity workout, there's ballet or jazz. If you want something more unique, try hoop dancing or pole dancing. All of these dances will lead to a slimmer, healthier version of yourself!

Dancing is pretty easy. Put on some music and move your body to the beat. The best part of it all is that if you are too embarrassed to let other people see you, you can still do it in the comforts of your own room. When done regularly, you can tone your muscles and have a stronger body. It is not just good for you physically but also emotionally. It is said that dancing can be a good form of stress reliever!

But like any other type of workout, it is best to do it with the right kind of diet. Surely, this is a great exercise but if you are constantly eating food that is not good for your body (high in cholesterol, low in vitamins), then you will have to work double time. Drinking a lot of water is also encouraged. Stay hydrated whenever you do any kind of physical activity.

If you are overweight or obese, it is best to consult a doctor before doing a heavy routine. They might have a workout routine that is better for you.

Chapter 4:

Dancing and Exercise Tips

Synopsis

Dancing is considered to be one of the most difficult athletic art forms, and it has a lot of distinction. Flexibility, skill, fitness, safety and satisfaction are the things that you will definitely obtain from your dancing experience, no matter what age you started dancing.



Tips

Shoes

Shoes play an important role in dancing. There is a wide variety of shoes that you can choose from. Let the dance instructors himself recommend the best shoes for you, for they know which ones are comfortable for your feet when you dance. Jumping, leaping, pirouetting, sliding and moving your feet to the beat have a big impact on your feet, ankles and shins. There are a lot of fashionable and stylish shoes available in stores today that can also help protect your feet.

Warming Up

Provide a little extra time to warm up before dancing. Make sure to arrive in dancing class a little earlier so you could do some warm ups first. Some stretching and exercising is needed before dancing to avoid any possible injuries. It is also recommended that you wear a sweatshirt while warming up so it can help the body stay warm.

Condition

Conditioning your body is also important. There are some programs that teach cardiovascular endurance, flexibility and versatility, and muscle strength training. If you are aiming to reduce weight by dancing, you should consult a doctor first. This is to make sure that

you don't over exercise; and to help you maintain a pace that is suitable for your health condition.

Stretching

Do some stretching before and after sessions. Try to push your stretch enough to feel a pull, not pain. Try holding each stretch for 30 to 60 seconds. Muscle stretching will help improve and increase your flexibility.

Technique and Posture

According to the National Dance Association, having proper technique plays an important role in avoiding and eliminating possible injuries in dancing. Technique is the method that you need to follow executing the specific dance moves properly. If you are a beginner, look for classes that offer the fundamentals and proper technique in dancing. A lot of dance moves require turnout, it is a form of dance wherein the knees and toes are pointed out to the other side of the body. This type of dance move should not be forced and should be executed naturally.

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