

Principal Statement :- This number or grade does not determine the future of anyone. This number is just how much we can learn in class, we know by number. So there's no reason to be upset or upset about this. So look at how much we have learned without looking at the number. Therefore should be focus on learning not on number.

Dancing is benefits for all ages

Dance has physical and mental health benefits. Dancing is good exercise and a fun way to keep fit. Break dance, Hip hop, Locking pooping, Contemporary, creative, folk ,Bollywood, , Salsa, Jazz, semi Classical, Western dance, are different dancing styles.

There are many forms of dance, has always been a part of human culture, rituals and celebrations. Today most dancing is about recreation and self-expression, although it can also be done as a competitive activity. Dancing is an enjoyable way to be more physically active and stay fit.

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.

Health benefits of western dance

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 well being
Greater self-confidence and self-esteem
Better social skills

Website :- www.anantadanceacademy.com

Youtube :- [Ananta Dance Academy](#)

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