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Dance to lose weight



Have you ever observed a professional dancer performing some move that appears to deny the law of physics and thought, "I wish I could do that!" It's probably not surprising to know that you can dance to lose weight. If there's a common element amongst almost every dancer, it's that they're in peak physical condition. Obviously they didn't get to be super fit without lots of exercise. Dancing is an extremely physically demanding activity, but it's also a fun way to get fit. The combination of being physically demanding and fun make dancing an ideal way to weight!

Have you ever watched the show 'Dancing with the stars'? It's a show in which celebrities are teamed with professional dancers to take part in a dance competition. It's one of those reality tv programs where you get to vote for your favorite. It's worth noting that the celebrities taking part in this show frequently lose weight, sometimes a significant amount (depending on their size). I remember one lady in the Australian series in 2008 lost 66 lbs (30 kg) during the 12 weeks of the show, the pounds were literally melting off her body. And before you state that they are spending their days rehearsing for the show.. this is incorrect, they are meeting their usual television, radio and whatever other obligations they have also. Then on top of that they are rehearsing daily. So it's not like they're spending 10 hours a day dancing.

The reason you should dance to lose weight is because dancing uses many more muscles than traditional forms of exercise (like treadmills, exercise bikes etc. Dancing is all about movement, and not just one part of your body, but your WHOLE body. This is what makes it so effective as a weight loss method.

Of course, many people are afraid to try to dance to lose weight. Whether that be because they feel embarrassed to dance publically because of their weight or because they simply don't have the confidence in their own ability to dance. Thankfully, personal trainers and fitness teachers discovered long ago how effective dance was as a form of exercise and finding a dance class nearby is merely an internet search or yellow pages search away.

And it doesn't matter what your music preference is. You're guaranteed to find a dance fitness class that uses it. Jazz ballet, hip hop, ballroom dancing... even belly dancing. Any of these classes will help you achieve your weight loss goals. And if you can't find a dance class, just join an aerobics class... the principle is the same, a series of orchestrated moves in time with music. You can start out with low impact and gradually increase toward high impact as your fitness levels increase. These classes aren't like professional dancing classes – they exist to teach and build your fitness, Furthermore, you needn't feel self-conscious when trying a dance or aerobics class as everyone else will just be muddling along the same as you. You don't have to have snazzy moves or even be in time to the music, it doesn't even matter if you collapse in a sweaty heap on the floor.

If you happen to be totally terrified of dancing in public and simply can't face your fears, there are other options available. Many dancing instructors, fitness instructors and even celebrities have produced DVDs and Videos that can teach you how to dance to lose weight in the comfort of your own home. One memorable example was the Jane Fonda workout videos of the 1980s. In time you can even overcome your lack of confidence to be able to go out and dance in public.

Another option that can be accessed at home for those who aren't really interested in traditional dancing styles is the video game console... In particular, the Nintendo Wii. This is a great way to involve your family and make it a competitive thing. Many families have used this method to achieve dramatic weight loss results. If you don't have a console perhaps it's time you bought one, and if that is too pricey then perhaps you could borrow one, many video and dvd stores will hire out game consoles.

These games work by scrolling arrows on the screen while the player steps up and down onto a large pad in time with the beat. Easy levels provide a slow paced, low impact workout, while harder levels push you to the limits of your speed and stamina. These games usually score your performance, so if you're a competitive person, it can motivate you to improve your performance. This type of motivation is just what some people need.

Dancing and aerobics can eliminate the biggest problem people have with exercising to lose weight... the issue of it being boring. Sure working out improves your fitness, but repetitive movements tend to become tedious after a while if you haven't learned new skills. So if you want to have fun and lose those excess pounds, get out there and dance to lose weight.

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