

British Dance Council

Limited by Guarantee Registered in England No. 502695 - Established 1929

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Member of the World Dance Council - Member of the Central the Sport and Recreation Alliance – Member of the Music Users' Council

Corporate Members of the Council: Allied Dancing Association, Associated Board of Dance, Association of Dance & Freestyle Professionals, Ballroom Dancers' Federation, British Association of Teachers of Dancing, British Competitors' Dancesport Corporation, Crown Entertainment Centres Ltd, Dance Promoters' Association, Dancesport Scotland, Dancesport Wales, Imperial Society of Teachers of Dancing, International Dance Teachers' Association, National Association of Teachers of Dancing, Northern Counties Dance Teachers' Association, Scottish Dance Teachers' Alliance, United Kingdom Alliance, Welsh Alliance of Professional Teachers of Dancing

BRITISH DANCE COUNCIL

PRESS RELEASE

DANCE FOR YOUR HEALTH

The government has recently expressed serious concern regarding the vast increase in the numbers suffering from Obesity in the general population. In this regard members of the British Dance Council, the governing body looking after the affairs of ballroom dancing in Great Britain, can play a significant role in the reduction of this problem, helping the overstretched Health Service reduce demands for treatment and providing cost savings.

To help achieve the aims above, letters have been sent to the Prime Minister, the British Medical Association, the All-Party Parliamentary Group for Dance and other relevant government Ministers, pointing out the many benefits of dance in helping to fight the battle to improve the health of the nation and publicising the importance of employing teachers with professionally recognized dance qualifications.

Dance has three medically approved benefits being good physically, mentally and socially, for all ages - from the very young to the very elderly. It is also completely gender inclusive and non-discriminatory. Besides its social and physical benefits, ballroom dancing stimulates mental activity and has been proven to act positively against the onset of Alzheimer's disease. The fitness developed clearly decreases the demands made upon our overburdened National Health Service and it produces a maturity and self-discipline in young people that is hard to better in any other sporting activity. In studies done a few years ago it was even proven that competitive dancers had higher fitness levels than Olympic swimmers.

The British Dance Council consists of nine teaching organizations, each with its own examining board, and a number of other bodies. It is estimated that around 250,000 people already attend dance lessons, or classes, with these organizations alone. As there are many thousands of professionally qualified dance teachers throughout the United Kingdom, we feel it would be advantageous, in the drive to improve the Nation's health and fitness, to draw the attention of doctors, patients and **you**, the general public, to these medically proven benefits of dance. Many people have noticed the improvement in celebrities' fitness levels when participating in the popular 'Strictly Come Dancing' series on the Television! The British Dance Council is happy to assist in any way possible in order to help improve the health of the Nation and would like to suggest that you, to coin an old phrase – **Get Healthy, Get Happy, Get Dancing!**

