



## BENEFITS OF AFRICAN DANCING

1. Improves heart health and weight loss

[Dancing Participation and Cardiovascular Disease Mortality - American Journal of Preventive Medicine \(ajpmonline.org\)](https://ajpmonline.org)

2. Increases muscle strength

[Traditional Dance Improves the Physical Fitness and Well-Being of the Elderly - PMC \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/)

3. Improves balance and coordination

[The Effectiveness of Dance Interventions to Improve Older Adults' Health: A Systematic Literature Review - PMC \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/)

4. Fights depression

[Frontiers | Effectiveness of Dance Movement Therapy in the Treatment of Adults With Depression: A Systematic Review With Meta-Analyses \(frontiersin.org\)](https://www.frontiersin.org/)

5. Cultural Identity

[African Traditional Dance - Dance as a Reflection of Cultural Beliefs and Connections \(google.com\)](https://www.google.com/)