



## Media Release

Contact: Shelby Ashelford  
Mobile: 0401 473 010

---

### Baby Boomers who dance can head off Alzheimer's

To help ward off Alzheimer's, Baby Boomers are encouraged to take up dancing. Yes, dancing can help change your brain patterns and delay or prevent Alzheimer's and Dementia.

A 21-year study of senior citizens, was led by the Albert Einstein College of Medicine in New York City, and published in the New England Journal of Medicine. As the report states "**Dancing integrates several brain functions at once – kinaesthetic, rational, musical, and emotional – further increasing your neural connectivity.**" And frequently Dancing, at 76% significantly out-performs every other activity that was studied (including golf 0%, swimming 0%, reading 35% and crosswords 47%)

There are also other benefits from any kind of dancing: stress-reduction, cardiovascular exercise, and even the of feeling being connected to a community of dancers. So all dancing is good.

The important component of dancing is to make frequent split-second decisions as to what to do next. If you want to start a dance class specifically designed for Baby Boomers one is commencing on Wednesday 3 February at 6:30pm and Men or Women are welcome.

Blue Heeler Cloggers is again participating in Sport and Recreation's Baby Boomer's "Move and Groove" Promotion for February 2016. You get to try Clogging (a Dancesport) for the month of February. Don't delay your dancing, it's essential to start building your cognitive reserve now.

For more information [www.blueheelercloggers.com](http://www.blueheelercloggers.com) or Shelby 0401 473 010