

Shake off those winter kilos *with dance!*

It's one of the most enjoyable ways to get moving and exercise more.

- Shake those hips with Zumba or Salsa, it's energetic, social & fun
- If you enjoyed jazz, tap or ballet in your younger years, why not join an adult class and get some fancy footwork happening again.
- Want to be able to move like the contestants on "Dancing with the Stars"? Then grab your partner and join a ballroom dancing class.
- Visit your local gym with a friend and try dance based classes like Body Jam
- Pull out the lycra (or not) and work out with your old aerobic DVD's at home!
- Or simply turn up the tunes at home and dance around (like no one's watching) with the kid's

Regular dancing is great for maintaining strong bones and improving posture and muscle strength. It also helps increase balance and co-ordination while at the same time helping to shaking off those winter kilos.

have fun!

Lite n' Easy
Simply eat well