I researched articles dealing with how dancing can enhance health-related physical fitness.

Dancing can help you burn up to 600 calories per hour. The amount of calories burned depends on the intensity of the work out. Dancing has the ability to enhance body alignment, flexibility and muscle tone. Deep breathing that occurs due to dancing is beneficial for the cardiovascular system. The arm movements involved with dancing firms the biceps and abdominal muscles. Dancing can relieve back pain.

A study has been done on cross-country skiers that required the skiers to take dance classes. There was improvement in the flexibility, posture and joint range of motion of the skiers. Also, the skiers reported a decrease in back pain after the study. Many athletes use dance to develop grace and agility it is popular amongst ice-skaters and football players. Brazilian dance is popular for assisting with weight loss; belly dance helps shape the body. Ballet forms a strong back and torso. It enhances flexibility, balance, and coordination.

Older individuals, particularly women, can benefit from dance because it helps prevents osteoporosis. Moderate exercise reduces the risk of death, fractures, diabetes, Alzheimer's disease and helps lower blood pressure within the older population. Dance is fun so it can encourage the elderly to adhere with the exercise regimen. A lot of dance moves include several exercise steps that promote health related physical fitness.

This is all the notes I have from my articles as of now; I am currently looking for more information.