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Last Updated: 5:48 pm | Wednesday, February 6, 2008

Mercy Hospitals host day of dance for health

Mercy Hospitals Anderson and Clermont will host the 2008 Spirit of Women Day of Dance for Health from 11 a.m. to 3 p.m. Saturday, Feb. 23, at Eastgate Mall (located at 4061 Eastgate Blvd., just off the Ohio 32 exit from Interstate 275) to inspire women and their families toward better overall health.

Proving that exercise can be both fun and beneficial to the heart, the program combines the fun of dancing to different forms of music, such as ballroom dancing, rock 'n roll, jazz, salsa, swing, and hip-hop, with health screenings and consumer education on heart disease and other women's health issues. Mercy Hospitals Anderson and Clermont join healthcare providers in more than 60 other cities to simultaneously host the Day of Dance.

"Dancing is a sport we all love, and an activity that has powerful benefits for our heart, lungs, brain and just about every other organ," said Tanya Abreu, president and national program director of Spirit of Women. "On Feb. 23, we are dancing for fun and hoping to inspire a lifetime of healthy living for every participant."

The event at Eastgate Mall will feature an appearance by country music star Kevin Sharp, an award-winning singer, cancer survivor and motivational speaker. His hit songs include "If You Love Somebody" and the highly acclaimed "Nobody Knows." Along with a lot of dancing, the Day of Dance will also include presentations by physicians, healthcare screenings, and tips on healthy cooking and stress reduction.

Dancing can burn as many calories as swimming, walking or riding a bike (as many as 200-400 calories per hour). If done on a regular basis as a form of exercise, many health benefits result, including weight maintenance or weight loss, blood pressure and cholesterol management (lowering), increased energy, decreased depression, increased coordination and muscle strength and an overall sense of well-being. In addition, dancing can help develop new social connections as well as enhance and strengthen relationships.

Nearly 500,000 women die each year of cardiovascular disease, making it the leading cause of death for American women. One in two women will die of heart disease, yet they continue not to personalize their individual risk for cardiovascular disease.

The 2008 National Day of Dance for Health is presented by the Spirit of Women Health Network, The Heart Truth campaign, Good Housekeeping magazine, the Bristol-Myers Squibb/Sanofi Pharmaceutical Partnership, Quaker Oats, Wheat Thins, Revolution Health, the P.A.D. Coalition and the National Stroke Association.

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