Just Dance

Moving to music offers physical and mental benefits.

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If you love to get your groove on, here's some good news. Dancing is a great way to get fit, especially for those opposed to structured exercise regimens or workouts at the gym.

According to researchers, the amount of time you spend engaged in this rhythmic physical activity can enhance overall health. Whether you choose to boogie to hip-hop, salsa or ballet, hitting the dance floor gets your blood pumping. What's more, dance moves strengthen the lungs, heart and other muscles and build endurance. Busting a move can also lower the risk of developing dementia and osteoporosis and improve coordination, flexibility and spatial awareness.

In addition, dancing can boost mental fitness, conferring such benefits as greater self-confidence, better social skills and enhanced cognitive function. And a little goes a long way: Experts suggest that 20 to 30 minutes on most days of the week can make all the difference.

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