

## DAMONSTRATED LECTURE SUMMARIZING THE RESULTS OF A MAJOR STUDY BY THE ALBERT EINSTEIN COLLEGE OF MEDICINE – “DANCING MAKES YOU SMART”

(To schedule the lecture/dance demo, contact: Esther 845 635-3341, [twinks.odes@gmail.com](mailto:twinks.odes@gmail.com))

### Activities that Increase Cognitive Acuity and Ward off Dementia and Alzheimers.

The lecture is the synopsis of a 21 year long major study by the Albert Einstein College of Medicine that shows that stimulating one's mind by social dancing can ward off Alzheimer's and dementia. The purpose of the study was to see if any physical or cognitive recreational activities influenced mental acuity. It discovered that some activities had a significant beneficial effect whereas others had none. Researchers studied cognitive activities such as reading books, writing for pleasure, doing crossword puzzles, playing cards and playing musical instruments. They also studied physical activities, such as playing tennis or golf, swimming, bicycling, dancing, walking and doing housework.

One of the surprises of the study was that almost none of the physical activities appeared to offer any protection against dementia except frequent free-style social dancing. Why? Because dancing integrates several brain functions at once — kinesthetic, rational, musical, and emotional —increasing our neural connectivity. In addition, dancing encompasses music, motion, rhythm and mathematics and it is done in a pleasurable fun atmosphere, offering social intercourse, romance and memory training.

The result of the study shows different activities and the percentage rate they reduce the risk of dementia:

- Reading - 35%
- Bicycling and swimming - 0%
- Doing crossword puzzles at least four days a week - 47%
- Playing golf - 0%
- Dancing frequently - 76%. Dancing was the greatest risk reduction of any activity studied, cognitive or physical!!!!

The research concludes that stimulating one's mind by dancing can ward off Alzheimer's disease and other dementia, and as physical exercise can keep the body fit. Dancing also increases cognitive acuity at all ages. In other words, *Dancing makes you smart!*