

1/2 **dance!**

Dance first. Think later.



**Solution**

dancing is good for your health...

..."Dancing can be a most enjoyable form of exercise. But, what most people don't know is that it also has a large number of health benefits. Dancing is a great full out mind and body workout. It can make your body and soul feel good in a way that no other exercise can. The benefits of dancing are like no other. It can help you lose weight, strengthen and tone your body, increase stamina and flexibility, improve balance and posture, and produce confidence among other things. Although dancing may appeal mostly to women, in the last number of years the most popular forms of dance have included males just as much as females. Whether it be dancing the waltz, cha cha, or rumba - dancing can be a great form of exercise for anyone"

...so, it's time to dance! =)

Design a Bag

2/2

## dance!

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Creative's profile



**gusmonk** PRO  
Visual Artist

Creative's top 5 skills

Photography, Packaging Design, Communication Concept, Textile Design,  
Service Design