HEALTHY TIPS

Dancing Could Help Reverse the Aging Signs in the Brain

By bestfolkmedicine · 15/07/2019 · 2 min read



Could dancing help us prevent aging signs in the brain?

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For some, age is just a number; however, regardless of how young or old we feel, there's one thing that's certain- our brain still ages.

With age, around 40 percent of people over the age of 65 will experience memory loss to a certain extent.

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Though this is considered a normal part of the aging process, there are some more serious problems that can affect the brain such as Alzheimer's and dementia.

According to newest studies, one specific type of physical activity, i.e. dancing may help us keep a healthy and youthful body and brain!

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Dancing Helps Our Brain Stay Young

According to the study published in the Frontiers in Human Neuroscience Journal, dancing, in comparison to other physical activities, was much more effective in ceasing the brain aging.

Dancing can better the brain's functions in numerous ways and also gives the body and mind new types of challenges.

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For the purposes of the study, the researchers tested MRI brain scans and their connection between age-related brain deterioration. The study lasted for 18 months and dancing to different genres of music was compared to traditional exercise.

At the end of the study, it was concluded that the participants with an average age of 68 experienced brain structure improvement after being a part of a weekly choreography dance routine.

Why Is Dancing Good for the Brain?

The hippocampus brain part, where the increase of function was noticed, is the brain section that is related with age-related decline, especially in those who suffer from dementia or Alzheimer".

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Dancing didn't just strengthen this region, but the choreography dance routines bettered the flexibility, balance, and endurance.

As our body and brain age, balance is crucial for good health and safety. For elderly people, balance is vital for the prevention of injuries.

When we dance, we combine cognitive demands, aerobic fitness, and sensori-motor skills. Hence, this could be a promising physical activity for better balance and brain structure and for the prevention of aging signs.

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According to the research team, the improvement in balance may have to do with the demands for coordination of footsteps and patterns, along with the needs for rhythm and speed changes when we're learning a specific choreography.

Sources:

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