*Write **ONE WORD ONLY** for each answer.*

Health benefits of dance

Recent findings:

- All forms of dance produce various hormones associated with feelings of happiness.
- Dancing with others has a more positive impact than dancing alone.
- An experiment on university students suggested that dance increases **31** ..... .
- For those with mental illness, dance could be used as a form of **32** ..... .

Benefits of dance for older people:

- accessible for people with low levels of **33** .....
- reduces the risk of heart disease
- better **34** ..... reduces the risk of accidents
- improves **35** ..... function by making it work faster
- improves participants' general well-being
- gives people more **36** ..... to take exercise
- can lessen the feeling of **37** ..... , very common in older people

Benefits of Zumba:

- A study at The University of Wisconsin showed that doing Zumba for 40 minutes uses up as many **38** ..... as other quite intense forms of exercise.
- The *American Journal of Health Behavior* study showed that:

  – women suffering from **39** ..... benefited from doing Zumba.

  – Zumba became a **40** ..... for the participants.

LIVEWORKSHEETS