

PART 4 Questions 31–40

Complete the notes below.

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.