

# Silver Swans<sup>®</sup> factsheet

## Improve your dance-life balance!

The health benefits of dance are well documented. Scientific research shows that 75% of the factors affecting quality of life and longevity are related to lifestyle, while only 25% are hereditary. This means that there's no excuse for not getting more active whatever your age, and dance in particular can play a vital role in ensuring a longer and better quality of life. Research also often puts dance ahead of other physical activities in the variety of health benefits that it brings.

### 9 ways in which dance can improve your life:

- Dance increases your energy levels
- Dance can help reduce stress and lose weight
- Dance can reduce the risk of cardiovascular disease
- Dance slows ageing by improving the immune system
- Dance classes are a great way to expand your social circle/ meet new people
- Dance can help diminish the symptoms of depression
- Dance improves balance, resulting in fewer falls later in life
- Dance increases cognitive ability by promoting new connections in the brain and may even help stave off dementia in later life
- Dance whatever your age and wherever you feel comfortable, but if you're an older learner, the social benefits of joining a dance class will also enhance your sense of wellbeing.

### Silver Swans classes

Our Silver Swans classes are available across the US (and UK) and are open to people of all ages and ability. Silver Swans teachers are trained specifically to teach a range of abilities and ages over 55. Open and accessible, classes will help improve your mobility, posture, coordination, and energy levels.

Look out for the Silver Swans Licensee Teacher logo to ensure that you have the best possible dancing experience!

[www.radusa.org](http://www.radusa.org)

### Key facts:

- Between 2012 and 2050, the US will experience considerable growth in its older population. In 2050, the population aged 65 and over is projected to be 83.7 million, almost double its estimated population of 43.1 million in 2012
- During 2000–2030, the worldwide population aged 65 and over is projected to increase by approximately 550 million to 973 million.
- There are over 23.6 million people aged 50 years and over, over a third of the total UK population
- The number of people aged 60 or over is expected to pass the 20 million mark by 2030
- Current UK estimates from the Office for National Statistics for female life expectancy at birth are 82.8 years and 79.1 years for men
- By 2020 it is predicted that 20% of the UK population will be 65+ and that one in four of us alive today will live to be over 100 thanks to basic advances in nutrition, hygiene and medicine

