

Reading

1. Read the article. Do you exercise? Do you know how to dance?

DanceSport

Dancing is part of every culture in the world. People everywhere recognize the beauty and grace of its movements. Today, however, dancing is becoming something more. People of all ages are using dance as a way of getting strong and staying healthy.

Dancing helps improve muscle strength. Sliding, shaking, and turning use a wide variety of muscles. This helps dancers, particularly older people, avoid dangerous falls. Since the dancer moves the arms, legs, and body, dancing also improves balance. Dancing can also help you loose weight. An hour of active dancing can burn up to 500 calories.

The types of dances people do for exercise and sport is almost unlimited. A single recreational center in California offers the following classes:

- **Flamenco Dancing:** You will learn Flamenco techniques which include special work on arm movements, footwork, and posture.
- **Swing, Salsa, and Cha Cha classes:** Learn these dance steps and enjoy healthy exercise at the same time. You won't want to miss a single class.
- **Ballet classes:** You'll love learning how to stretch and strengthen your muscles as you learn basic ballet steps.
- **Capoeira Angola:** Try this Brazilian dance class. Capoeira Angola started as an ancient form of African martial arts.

2. Read the statements. Then write *T* if the statement is *true*, and *F* if the statement is *false*.

- T 1. Dancing helps people stay healthy.
2. Dancing is popular only in some parts of the world.
3. Dancing uses a wide variety of muscles.
4. Dancing is not popular among older people.
5. Dancing improves balance.
6. An hour of dancing can burn 500 calories.
7. Cha Cha classes teach students how to stretch their muscles.
8. Swing classes help students improve posture.

