# 5 To Know: Reasons You Should Be Dancing

Dancing seems to be everywhere in the media today, from TV reality shows and even on social media. Dance is not only fun, but it has some surprising additional benefits...
https://savvywomanblog.com/5-to-know-reasons-you-should-be-dancing/



- [ ] 1. Dancing improves learning & memory
- [ ] 2. Dancing helps you get fit
- [ ] 3. Dancing improves your mood.
- [ ] 4. Dancing reduces stress
- [ ] 5. Dancing is Fun!

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