

HOW IS YOUR FITNESS LEVEL FOR DANCE?

HELLO My Fellow Dancers!

It has been a year of denied social pleasures when it comes to our SC-Dancing.

We will be looking forward to warmer weather and as soon as the "lockdown" has lifted, our

DRIVEWAY DISTANCED DANCING

WILL RESUME!

Q? - Are you fit enough to start? We all need to regain our aerobic fitness, muscle and joint strength and suppleness after being away from our dancing. Physical activities such as walking, swimming, cycling, are excellent. At home, passive exercises, using Therabands, light weights (ie: canned goods in panty hose) are helpful. I have found good Youtube videos, RSCDS videos, and Zoom classes to be helpful.

Tai chi, yoga and pilates can be done at home and outside in better weather. I know it takes discipline and desire. Guaranteed, the end result will help you to transition SAFELY back into dance without injuries. Work up GRADUALLY, - 5minutes to 10, to 15, and so on.

June and I will choose simple easy fun dances to start to get our SCD brains in gear, and we will encourage WALKING to start- Like a good warm up. Blair will be gentle in music tempo for us all. We are all working to get you back on the dance floor with us ASAP! Be well my friends!

