

IDTA

**DANCE
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Healthy Dancer

DANCE AND MOVEMENT



The Sport and Recreational Alliance, of which the IDTA are an important part, have produced an evidence based review of the unique contribution of dance and movement based participation and volunteering to social value outcomes in England.

The report states that while dance is known to have significant benefits for individual and community wellbeing taking up dance and movement classes is often overlooked as a recommended activity. Movement and dance sometimes falls in between sport and arts in the physical activity sector.

According to Sport England's Active Lives survey 3.66 million adults in England participated in a dance class at least twice in a month.

Within recreational classes it is not just the muscle groups that are worked but the mental faculties of listening, understanding and implementing, and the social skills of working with a partner, group or competitor. Through the regular participation in classes attendees can grow a strong sense of community, friendship and sense of place and participation in classes as well as the employment of teachers and the purchasing of clothing, footwear equipment, travelling,

refreshments and staying overnight for events all being significant contributors to the UK economy.

This report aims to contribute to changing the perceptions and to show the current and potential future contribution of movement and dance to society.

There seems to be evidence that being physically active by participating in more than 150 minutes of moderate intensity activity or over 75 minutes of high intensity activity a week substantially reduces the risk of various physical and mental health issues. As well as the health and social benefits it is also a financial benefit to the nation.

I have previously written about the benefits of social prescribing on health and this report shows that there was a clear benefit in both the prevention and management of Type 2 diabetes for example.

This comprehensive report provides robust evidence that movement and dance can facilitate equivalent physical and mental health benefits to any other form of physical activity. This means that dance should be put on an equal footing as other activities with regard to social prescribing by GPs. Members interested in boosting their recreational class numbers might want to consider drawing this study to the attention of their local GP surgery and schools together with details of their suitable classes.

CHEESE

Summer for most of us involves salads and perhaps more cheese in our diets. Though high in unsaturated fat cheese in moderation may be better for us than you think. It has many minerals like calcium and magnesium and contains all the amino acids. With a low glycemic index it doesn't trigger blood sugar spikes and helps release the hormones that make us feel full. Moderate cheese intake can

surprisingly help prevent raised cholesterol according to a new study by Emma Feeney (Assistant Professor of Food Science) at University College Dublin. Apparently the cheese making process alters the arrangement of the components of milk in a positive way affecting how it is digested in the body. Different cheeses have different health benefits. The Norwegian Jarlsberg seems to be better at bone building than other types of cheese, the



Cheese photo by P. Tankilevitch

Italian Parmesan seems to be good for gut health, Cottage cheese helps sleep. According to a Finnish study Mozzarella when eaten cold provides immunity support. Cheddar, the UK's favourite cheese, is a good source of vitamin K and calcium and helps neutralise plaque acids according to Dr Nick Carter of the UK Oral Health Foundation.

ISOTONIC ECCENTRIC

In chemistry isotonic is a term for a liquid that has the same concentration of solutes as another solution across a semipermeable membrane. Isotonic sports drinks usually consist of water,

carbohydrate, and electrolytes. In human anatomy isotonic refers to the contractions that happen in muscles making them shorten or lengthen in order for us to move. The word isotonic comes from a musical term used in the nineteenth century based on the Greek isotonos: isos meaning equal and tonos meaning tone. When our muscles shorten they are called concentric contractions but when the muscles lengthen they are called eccentric contractions such as in a plié when the quadricep muscles in the thigh lengthen as you descend.

Gavin Roebuck B.Sc



image *Danseuses en plié à la barre* by Degas (sold at Sotheby's in 2019 & never exhibited as far as is known)