

Scottish country dancing



- the first step to a healthier

lifestyle



Reduce your
stress levels

Boost your
social life

Get fitter

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Do you want to be healthier and feel fitter? The way to improved health and wellbeing could be just one step away – and what's more it is fun. Research shows that dancing, and particularly Scottish country dancing, is one of the best forms of activity for keeping the body active and the mind alert. It can reduce the risk of osteoporosis and help prevent or complement the treatment of serious and chronic conditions.

Reduce your stress levels

It is known that regular exercise increases the level of chemicals in the brain, notably serotonin, which improves mood and so can reduce stress, anxiety and depression. As well as an increased sense of confidence and general happiness, a link has been established between dancing and a lowered risk of Alzheimer's and other forms of dementia compared to other forms of exercise.

Boost your social life

Scottish country dancing is very sociable with a great sense of enjoyment. It is an activity suitable for all ages and levels of ability and fitness. Also, it is an ideal way of meeting people and making new friends. As well as bringing a wealth of physical health benefits, studies show that regular participation in Scottish country dancing leads to positive self-esteem, overall good health and longevity.

So, take the first step to improving your lifestyle. Find out more from your local RSCDS branch or Scottish country dance group.

It's so easy to get started

- No partner necessary
- No special clothes – just soft shoes
- Lively music
- Inexpensive
- Classes near you