

# Embrace Tango

## And be happy

Previous research indicates that dancing argentine tango has positive effects on fitness and emotional wellbeing, can reduce stress and is good for the ageing body.

Dancing tango helps to improve muscle strength, posture, gait and flexibility - especially important for anyone at risk of falls, including those with Parkinson's disease.

In 2018, a study of sixty mainly older dancers in Richmond upon Thames was undertaken to explore the effects of dancing tango on their subjectively experienced health and wellbeing.

The full report of this study is available from <http://www.freedomtango.co.uk/about.shtml>.  
In summary, the results showed:

More than three-quarters of the dancers believed that dancing tango had improved their health and fitness.

The most common health benefits were balance, general fitness, flexibility and mental outlook.

Half of those who danced twice a week or more identified the impact on fitness as 'substantial' compared with 10% of those who danced once a week or less.

*Excellent aerobic exercise for the ageing body (retired male 71+)*

*Better posture and balance than before I started tango (retired female 46-70)*

*Combined with the exercise programme and a planned diet, it has reduced my weight and increased my fitness - (retired male 71+)*

Tango also offers the opportunity for social contact and fulfils the need for close physical closeness with another person. It has been found to raise self-esteem, at the same time helping to maintain a healthy body weight.

Isolation and loneliness can affect people at any age or stage of life. Those with disabling health conditions and those who are widowed are at particular risk. . There is evidence that dancing offers an effective coping strategy for dealing with stress and difficult times.

95% of the dancers believed tango was important for their well-being with 45% describing it as *very important* or *essential*.

78% identified *new friendships* as a change in their lives as a result of their tango.

More than a third said it had increased their confidence, while one in five said it had changed their lives.

A third said tango had made them feel more connected to others.

*It gives you everything, from exercise, feel good factor from the music, social life plus human contact via warm tango hugs (female 46-70, widowed)*

*Helped me to get over a break-up (female 46-70)*

*Something to look forward to each week, meeting people and exercise (female, 71+ )*

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