



Shall we dance?



Illness prevention through creative movement

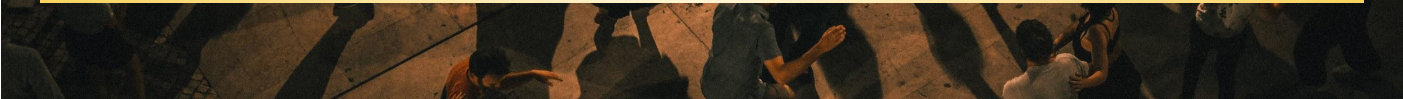


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Medicine, Expressive Movement, Meditation

Faculty/Presenter Disclosure

- **Faculty:** Sarah Kim
- **Relationships with financial sponsors:** **NONE!**
- **This program has received no financial support nor in-kind support.**
- **There is no potential for Conflict of Interest.**
- **There is no bias to be mitigated.**

“Choosing Madonna over meds”

<https://www.theglobeandmail.com/life/video-video-choosing-madonna-over-meds-one-mans-question-to-walk/>

Agenda

- ★ Objectives
- ★ Rapid review of the current evidence for dance as a health promoting activity **that can be recommended to all patients.**
- ★ Immersion into the interactive experience of a very simple dance class format:
 - Warm-up, choreography, cool down.
- ★ Discussion
- ★ Evaluation

*Image taken from youtube.com

Objectives

- ★ Examine the current evidence for dance as a health promotion activity accessible to all ages and abilities.
- ★ Examine how dance is both physically, cognitively and emotionally stimulating.
- ★ Demonstrate how dance enhances coordination, concentration, rhythm, body awareness, spatial awareness.
- ★ Increase command of the body and increased comfort to engage in dance as a daily health promoting activity.
- ★ Observe how dance fosters social connection, cooperation and community.
- ★ Identify other creative expression activities that can be integrated regularly to enhance both physician wellness and patient well-being.
- ★ Identify barriers to regular participate in creative activities and exercise

*Image taken from collegehumor.com

The Evidence: Some Tid-bits



Photo from Pinterest

- ★ How strong is the evidence?
- ★ Grade B or lower, weak-moderate mostly due to small sample sizes and design

- ★ What does dancing do?
- ★ Increases physical fitness
 - Includes strength, endurance, mobility, flexibility, balance, coordination
- ★ Improves mood
 - Reduces anxiety, overall distress, perception of fatigue
- ★ Prevents dementia
- ★ Increases social bonding and connection
- ★ Improves self-esteem, confidence

- ★ Is there any negative evidence? **NO!**

[https://www.youtube.com/
watch?v=0CFuCYNx-1g](https://www.youtube.com/watch?v=0CFuCYNx-1g)

[https://www.youtube.com/
watch?v=B5_K63xwPPg](https://www.youtube.com/watch?v=B5_K63xwPPg)



Photo by [Jon Tyson](#) on [Unsplash](#)

Discussion

- ★ Dance has numerous health and social benefits
- ★ The evidence for dance as a positive activity is growing.
- ★ Dance is accessible to all, anytime, anywhere.
- ★ What are your barriers to participating in dance?
- ★ Comments? Questions?

A photograph of a wooden tunnel, possibly a sauna, with the word "DANCE" written in glowing neon letters on the far wall. The entire image has a strong green color cast. The wooden planks of the tunnel walls create a sense of depth and perspective, leading the eye towards the illuminated word.

DANCE

References & Resources

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Photo by [Nadim Merrikh](#) on [Unsplash](#)

Just DANCE!
Thank you!

Feedback: dr.kim@alumni.utoronto.ca

Please fill out your session evaluation now!



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Session #: T355

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Session Name: Shall We dance?

YOUR FEEDBACK IS IMPORTANT TO US!



The CFPC Humanities Committee is supporting a *Health Humanities Community*.

We'd welcome YOU!

If you are interested in being added to the listserv, please contact tczyzewski@cfpc.ca

Enjoy the rest of the conference!

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