

Save your brain, dance!

Written by Sergio Leal

Saturday, 27 November 2010 17:22 - Last Updated Tuesday, 25 September 2012 19:04



The Einstein Aging Study, summarized in June 19, 2003 New England Journal of Medicine, found that a

The study included participants in six brain-stimulating hobbies - reading, writing for pleasure, doing puzzles,

Researchers found that the relationship between the mind-stimulating effects of dancing, as well as in the

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We believe this emphasizes the importance of engaging in a regular program of dancing. The need to

Fitness, both mental and physical, often begins with one's state of mind. Mental acuity comes from men

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Many people have gotten the message. That's why we see increasing numbers of people of all ages ha