TuSalud

Study to Test Health Benefits of Dancing for Latino Seniors

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A new study conducted by David Marquez, PhD, a professor at the University of Illinois at Chicago, seeks to prove that traditional dances will increase physical activity and improve health in older Latinos, the Chicago Tribune reports. Marquez and Dance Academy of Chicago owner Miguel Mendez created “Bailamos,” a four-stage program that includes merengue, cha-cha-cha, bachata and salsa. Over a period of four months, the study will follow 166 Latinos between the ages of 65 to 75 in twice-weekly dance classes at nine local senior centers, community centers and park buildings. The participants will be evaluated for balance, mobility and cognitive improvement. The National Institutes of Health awarded the study a $1.7 million grant.

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