

BENEFIT SALSA

Health :

- a. Memory exercise because of the large variation in the movement of Salsa .
- b. Salsa can fight depression
Studies at the University of Derby in 2007 showed that people who learn salsa can help fight depression . The researchers revealed that dancing could trigger the release of happy hormones in the brain and help improve concentration and self-confidence .
- c. Salsa is also very good for helping lower back mobility .
- d. Salsa dancing can make always positive thinking, positive thoughts radiate inner beauty , radiating inner beauty makes you sexy person perspective .

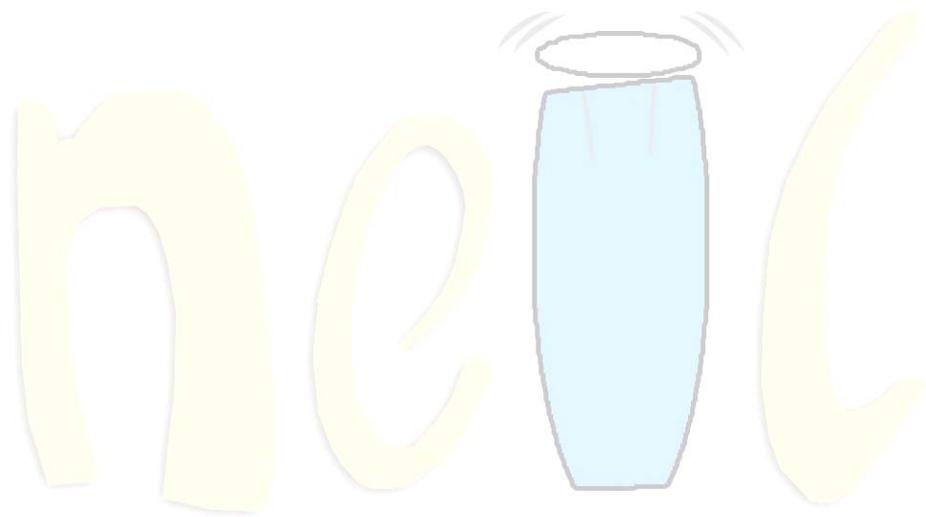
Streamline the body

- a. Salsa dancing help you lose weight. Practicing salsa dancing will burn calories , practicing salsa dance for 1 hour equals 1 hour of static exercise bike .
- b. Movement back and forth on the salsa dance bottom muscles, such as the pelvis and thighs , salsa dance practice on a regular basis can improve posture and balance your body .
- c. Energetic salsa dance movement form the arm muscles and tighten the buttocks , toned body shape makes you feel more sexy .
- d. Using shoe heels when salsa dancing , to tighten the calf muscles so your legs look slender .
- e. Salsa dancing requires a partner , although the solo salsa dancing is also better , with dancing as a couple on the dance floor can increase intimacy and romantic atmosphere , this atmosphere makes you feel sexy .
- f. Salsa dance makes you believe in yourself , often performing in the show make you more motivated for a better show .
- g. Although no regulations have to use sexy clothes when practicing salsa dance , but when the performance sexy clothes with bright colors shall be used , it can make you feel sexy .
- h. Salsa dance patterns that rely on the game 's waist and legs will form more body shape and remain flexible .

The relationship of husband and wife

Salsa is also believed to improve the quality of the marital relationship. Based on research results Cindy Meston , PhD , a researcher sexual life , it is known that the movement of salsa is targeted to the abdomen , hips , muscle women , buttocks , thighs and calves , this not only makes the body to be fit and sexy , but also can tighten muscles women .

According to him , women will be more responsive after doing exercises for 20 minutes , when done three to four times a week . While for men , Salsa dancing is very useful to maintain the appearance and sex life . a study at the Boston University School of Medicine , the United States said , the energy expended when dancing Salsa comparable to exercise , men who never exercise , going to a higher risk of experiencing marital relationship problems .



A B A R O E A
Salsa Tango Jakarta

