



March 24, 2016 – Grand Rapids, MI

## Dancing Your Way to Fitness

Does the way dancers train make them some of the fittest and leanest athletes? On [Tuesday](#), we looked at heavy weights and fewer repetitions. Let's look at light weights and many repetitions.

In ballroom and other forms of dance, the resistance is almost always body weight. Yes, there are lifts and there are powerful turns and jumps, but the only resistance is often body weight. Think of repeatedly doing half-squats, push-ups, or abdominal curls for hours on end, plus the muscle needed to hold your arms in the correct position all that time. The body is the resistance and the repeated practice to perfect moves and routines are the repetitions. That certainly qualifies as low weight and high reps in my book.



The difference between the typical exerciser and the dancers: how many repetitions they perform. Professional dancers do thousands of reps, day in, day out. Would they qualify as some of the leanest and fittest athletes? Absolutely! And I have to agree with Paula that dancers look fit in a more natural way than most of the competitive weightlifters I've seen. Weightlifting at low reps and high weight doesn't improve cardiovascular health by much, so lift heavy if that's what you want to do to look better or improve your strength, but make sure that's not all you do.

Dance is a great form of exercise, so if you just can't make yourself go to the gym or go for a long walk, take a few dance lessons and classes every week, then invest the time to practice at home. I've been there, and I guarantee you'll get your workout!

The Dr. Chet store has two new products. First is a new [Bottom Line](#) on Sucralose in two forms: a PDF if you want to read it and MP3 if you want to listen to it. They're \$1.99 each.

And if you want a limited edition, signed and numbered Dr. Chet mug, check out the Dr. Chet store as well. The mugs feature my trademarked "What Are You Prepared to Do Today?" slogan in a unique way that won't be duplicated in any future mugs. There are different versions for right-handed and left-handed people, but there's only one left-handed mug left. First come, first served.

Because of the Easter holiday weekend, we won't send a message on Saturday. Have a safe and blessed Easter.

What are you prepared to do today?

**Dr. Chet**

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