

DANCE YOUR WAY THROUGH YOUR DAY

In the last lesson, you learned how a fitness tracker could keep you moving and support your efforts to burn more calories. Keeping calorie burning moves in mind, this lesson shows you a fun way to keep moving – dancing.

Dancing is a powerful way to exercise, tone your body, burn up calories, and lose weight.

Use these strategies to kick up your heels, have some fun, and drop those extra calories by dancing:

1. **Add dancing after dinner.** When you're going out to dinner, pick a restaurant that also has dancing.

Dancing after dinner can burn the extra calories you consume.

2. **Sign up for a dance class.** When going to the gym makes you want to cry, consider giving dance a chance. It's more fun and has better music.
 - Dance classes can be done one on one or in group settings.
 - You can pick the music and genre that you love.
3. **Dance at home.** You don't need a class to move your body. You can dance at home in front of the TV or dog. Get dance videos online or other locations and learn new moves. **You can practice without worrying about judgment.**
4. **Dance while you cook.** You're about to eat more calories, so dancing while you prepare the food is a wise choice. Consider dancing while you get ingredients together, stir things, or wait for the food to cook.
5. **Dance as you get dressed.** Turn your regular routine into a fun dance. Add dancing to your dressing ritual. You can make each part of your outfit into a different move.

6. **Dance through sweeping or mopping.** Turn on your favorite music and transform your broom or mop into a dance partner. Have fun with dance steps, swirls, and lifts. Not only will you burn more calories, but your floor will also be clean before you know it!
7. **Bust some moves on the stairs.** If you have a two-story house or stairs at work, use them to their full advantage while you have fun. Think of how they always use stairs as props in musicals, leaping up and down them. **Create your own stair dance and have some fun** whenever you go up or down the stairs.
8. **Dance as you do dishes.** Your hands might be in the dishwater or occupied with dishes, but you can still move your feet around! You'll burn more calories with every added movement.

Dancing is a fun way to move your body and stay active. **Moving to music can make you forget that you're getting a serious workout.**

Speaking of "workouts," did you know that you can burn calories even while you watch TV? See how you can take advantage of your TV time to burn more calories in the next lesson.

HERE'S WHAT YOU NEED TO DO TODAY:

Choose a chore to dance through and go do it!
Remember to turn on your favorite music! You'll get something done and burn some calories at the same time.