

**Client:** University of Hertfordshire  
**Source:** The Observer (The New Review)  
**Date:** 20 November 2016  
**Page:** 21  
**Reach:** 193953  
**Size:** 119cm2  
**Value:** 2080.12

## THE SCIENCE OF... DANCING



### DAD DANCING WITH PRIDE

According to studies by Dr Peter Lovatt of the University of Hertfordshire, aka "Dr Dance", girls under 16 are the group most confident in their dancing ability, but this declines in women over 55. Men over 65, however, were very confident dancers.



### CHEEK TO CHEEK

Studies have found that tango dancing benefits Parkinson's disease patients, with a 12-week course boosting memory,

attention control and multitasking.



### SHAKE IT, BABY

Women rate male dancers higher when they use larger and more variable head, leg and torso motions. These could show "honest signals of traits such as health, fitness, genetic quality", said researchers at Northumbria and Gottingen universities.



### BRAINDANCE

Research by Columbia University, New York, involving PET imaging showed that synchronising music and

movement is a "pleasure double play" for the brain, engaging both the intellectual brain and the physical body unlike any other activity.

**Sara Vetro**