

## Mind & Body

# Dance your way to fitness

From country and ballroom to disco and Latin, more and more of us are appreciating the benefits of this fun way to get in shape

The return of *Strictly Come Dancing* is keeping many of us glued to our televisions. But it's also helped bring about an increased interest in dance classes. As we watch the celebs sashay their way to svelte bodies, it's apparent that slogging it out on the treadmill isn't the only route to fitness. There's a more sociable way to lose unwanted pounds – dance them off.

Fun is key to the success of dance workouts. Figures from the Exercise, Movement And Dance Partnership show 87% of fans of these classes think it's a great way to meet people.

'They enjoy themselves to the point at which they forget they're exercising,' says Sonique Smith, master trainer for Clubbercise. 'Dance classes are often seen as being less intimidating than other workouts – they're for people who want to get fit and healthy, but in a fun, interactive and highly sociable way.'

Not only does dance offer a lot of physical benefits, such as boosted full-body strength and improved cardiovascular fitness, says Smith, it's also a great way to reduce stress. It releases the happy hormone endorphin, and provides a great outlet for emotional expression. When you hear a song you love, you won't be able stop your feet from tapping!

Fortunately, there's a wide range of classes available across the country, from ballroom to nightclub. Whatever your musical preference or movement ability, there's sure to be something that will whet your appetite. Here are just a few styles that you might like to try. For more details, visit [exercisemovedance.org](http://exercisemovedance.org).



### Dance For Life

Comedian Peter Kay has hosted a series of three-hour dance-a-thons to raise money for Cancer Research UK. Dance For Life returns in spring 2017, visit [ticketmaster.co.uk](http://ticketmaster.co.uk) for details.



**STEPPING OUT IN STYLE** The glitz and the glamour of *Strictly* has inspired many Brits to dig out their old dancing shoes

### Zumba



Since bursting onto the scene in 2001, Zumba classes have proliferated – there are now more than 200,000 worldwide. Set to upbeat rhythms, Zumba incorporates moves from different dance styles, such as salsa and hip-hop. Choose from traditional Zumba, or the newer Step, Kids, Aqua and Gold varieties. Find a class at [zumba.com](http://zumba.com).

### Clubbercise



Go from night out to workout. Clubbercise takes place under club-style lighting and is set to club anthem music. The street dance moves are easy to follow and are quite addictive! What's more, you'll burn around 500 calories a class, which might explain why 50,000 people do a workout each week. Visit [clubbercise.com](http://clubbercise.com).

### Country Heat



If you'd rather get your groove on in the comfort of your own home, try the new Country Heat workout from star trainer Autumn Calabrese. Each class involves 30 minutes of low-impact moves set to the latest country music. It's simple line dancing, so you won't get lost. Stream the classes online at [beachbodyondemand.co.uk](http://beachbodyondemand.co.uk).

### BodyJam



If it's chart-topping music you're after, look no further than a Les Mills BodyJam class. Set to the latest electronic dance music, this workout will teach you the trendiest moves – yes, even that one you saw Beyoncé doing! The 30, 45 and 55-minute classes are available in gyms across the UK. Find one near you at [lesmills.com](http://lesmills.com).





Photography: BBC/Guy Levy, Getty Images, Rex Features

## Men's health

# Move for Movember

Join the campaign to raise awareness of men's health issues

Men die, on average, a whopping four years before women, according to official data.

'We know men are less likely to talk about their health,' says Sarah Coghlan, Movember's global director of men's health promotion. 'Without people talking and taking action, nothing will change.'

Movember, a campaign taking place throughout November, is here to raise awareness of men's health issues.

How can you help? Money donated over the course of the campaign enables the Movember Foundation to back breakthrough research and fund



**ACTION MEN** Getting a run for their money

more than 1,200 prostate and testicular cancer programmes, plus men's suicide prevention projects.

You've probably already seen men supporting the cause. Growing a moustache or beard during November is one of the most common ways to raise funds.

But it's not all about celebrating facial hair - you can join in by getting active, too! From

sponsored runs to obstacle races, there's a host of challenges you can sign up for.

MoRunning 5k and 10k events ([mo-running.com](http://mo-running.com)) are popular and will take place in 17 locations across the UK and Ireland. More than 20,000 people are expected to participate.

Alternatively, host your own challenge. Sign up at [movember.com](http://movember.com).

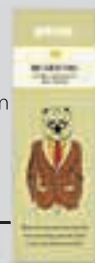
## Ask Jo

Jo Fairley answers all your beauty queries

**Q** I'm growing a beard for Movember - but my wife isn't so keen. Any tips on how to 'convert' her?

**A** Scratchiness is a key factor with beard 'resistance'. The initial stages tend to be the worst, but some beards are coarser than others, and feel rougher on a partner's skin. So if you want keep the beard once the month's up, it's best to give it some TLC. Smoothing a special oil through it will soften, groom and scent it all at once. My other tip? Wash your beard as often as you wash your hair, with a gentle shampoo. Then smooth the oil through afterwards.

**Brisk Citrus Beard Oil**, £6.99/50ml (selected stores)



## DDMix



Created by *Strictly* judge Darcey Bussell (above), this is the class to attend if you want to live out your dancing dreams. An explosion of styles, Diverse Dance Mix (or DDMix) includes moves from hand jive, 1960s disco, flamenco and more. Classes are available across the UK and online at [diversedancemix.com](http://diversedancemix.com).

# 24 HOURS ON MY PLATE



## Linda Nolan

The singer and actress on cheese and onion crisps, and why her sisters call her 'Linda Ding'

'Yesterday I was up at 10am and had breakfast at 11: two slices of bacon and one fried egg in a white bread sandwich, plus a cup of tea. I took my 11-week-old shih-tzu puppy, Boo, for her first walk, which took longer than expected.'

'After I got back home I spent about an hour and a half studying my lines. As I had such a late breakfast I didn't have lunch, although I did snack on an apple and two easy-peel satsumas during the afternoon, in between pottering around the house and watering my tiny garden.'

'My evening meal was a chicken breast cooked in the oven, with boiled cabbage, green beans and new potatoes, followed by a bowl of strawberries and cream with a glass of water. Later I had a packet of Quavers.'

'I try to eat healthily, but am probably not as good as I could be. I keep chocolate in the fridge, and can't resist a packet of cheese and onion crisps. I am not much of a cook - my late husband did most of it. In fact my sisters call me "Linda Ding" after the sound of the microwave!'

'I'm trying to cook more these days. For me, the secret to wellbeing is to eat what you enjoy, but not too much of it.'

*Linda Nolan is starring in Rumpy Pumpy at the Theatre Royal, Windsor (1-5 Nov), and Union Theatre, London (14-19 Nov)*

## The verdict

**Emma Williams, Waitrose nutritionist says**

'Although you exceeded 5 a day overall, breakfast could have been healthier - try poaching your egg (microwaveable options available), have two eggs rather than bacon, use wholemeal bread or have beans on toast. To cut the saturated fat further, swap cream for natural yogurt and, for less salt, snack on mixed fruit and nuts instead of crisps. You need more dairy, fibre and fluids.'



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