

Dancing the Science Way

Date(s) Friday 28th September 2012 (14:00-17:00)

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University, Hands-on experiment / Exercise

Dancing is brilliant, right? But what does that have to do with food? Well, we're keen to show you just what great things all that boogying is doing for you! We'll be working with children and young adults, demonstrating that just a few minutes of dancing every day can do wonders for you, and showing you how it compares to other healthy activities such as swimming, jogging and cycling. You can even watch your own heart rate whilst you do it! Want to beat all your friends, or just set your own pace? You'll get a personalised score from our researchers when you're finished, as well as hints and tips on how to make sure you've always got the energy to strut your stuff on the dance floor.