

Dance Daze® At Home Challenge #2: Balance



1: What is balance?

Balance happens when the weight of a person or an object is equally spread out (or distributed) so that the person or the object is able to remain steady and upright. When our body is balanced, neither side has more weight or a stronger pull than the other side. We are using our balancing skills when we stand on one leg, walk on a balance beam, play hopscotch or freeze dance, lean forward to tie our shoes, or practice yoga positions such as tree pose, airplane pose, or mountain pose.

2: Why is balance important?

Balance is part of everything we do. Activities such as walking, running, swimming, and riding a bike all require balance. Balance helps us control our bodies during physical activities of any kind, whether we are moving or still.

3: What can balancing help us do?

Balance training helps us with our body awareness in space (kinesthetic awareness), coordination, and reaction time. It is good for people of all ages to practice balancing because it can strengthen our core (abdominal muscles) and the joints in our ankles, knees, hips, and shoulders.