

Samba, Square-Dance, or Twist to a Slimmer You

Boogying can boost heart health and improve overall physical fitness and muscle tone. Not to mention, it's a fun way to work out—alone or with a partner! Here's how to discover the benefits.

Did you know that your favorite tunes can help you drop pounds? It may surprise you how many calories you can burn while getting your groove on. When a 150-pound person does the jitterbug for an hour, the burn is about 326 calories—about the same as running for 30 minutes but loads more fun. If you weigh more, you'll burn more.

“You'll reap all kinds of benefits from dancing,” says Garth Jacobsen, MD, a LAP-BAND[®] System surgeon and partner in the Center for Treatment of Obesity at the University of California, San Diego, Medical Center. “You'll probably see increases in flexibility and strength, along with cardiovascular benefits. As you continue to dance, you'll feel more fit.”

Finding Your Match

One of the best things about turning to dance to shape up is that there's a style for every taste. And often, each kind has a different benefit. For example:

- When you **salsa**, lots of the movements are based on your glute muscles, which means that you'll begin building a firm butt. DVDs to try: *Crunch: Cardio Salsa; Dance Fitness for Beginners with Joby “Brava”:* *Havana Heat Workout and Latin Dance Instruction;* and *Latin Grooves: Latin Dance Workout.*
- If your musical tastes travel to India, its traditional **folk dances** provide a heart-pumping cardio workout. And because the dances involve raising and shaking your arms often, you'll strengthen your shoulders while toning arm muscles. DVDs to try: *Masala Bhangra Workout, Volumes 1–4.*
- For those with even more exotic tastes, you can strengthen ab muscles with **belly dancing**. DVDs to try: *Bellydance for Beginners with Suhaila: Fitness Fusion Series.*

Try renting different types of dance-fitness DVDs to see what styles you enjoy. Then you can stick with at-home workouts or take the next step and look for a class at a local fitness center or dance studio.

Simply Going Freestyle

Dancing with a partner or a group of friends is always fun, but you can use dance to get in your daily 30 minutes of exercise. By having a CD in the player ready to go, all you have to do is press Play and start swaying anytime during your day. With music playing, you can also combine activities, dancing while doing chores such as washing dishes, vacuuming, or dusting. You'll likely find that the time flies by as you belt out the tunes and two-step to fitness. (Don't forget to log your dancing time into the [Activity Log!](#))

Be sure to consult with your doctor before starting an exercise plan.

IMPORTANT LAP-BAND[®] SYSTEM SAFETY INFORMATION

Indications: The LAP-BAND[®] System is indicated for use in weight reduction for severely obese patients with a Body Mass Index (BMI) of at least 40 or a BMI of at least 35 with one or more severe comorbid conditions, or those who are 100 lbs. or more over their estimated ideal weight.

Contraindications: The LAP-BAND[®] System is not recommended for non-adult patients, patients with conditions that may make them poor surgical candidates or increase the risk of poor results (e.g., inflammatory or cardiopulmonary diseases, GI conditions, symptoms or family history of autoimmune disease, cirrhosis), who are unwilling or unable to comply with the required dietary restrictions, who have alcohol or drug addictions, or who currently are or may be pregnant.

Warnings: The LAP-BAND[®] System is a long-term implant. Explant and replacement surgery may be required. Patients who become pregnant or severely ill, or who require more extensive nutrition may require deflation of their bands.

Anti-inflammatory agents, such as aspirin, should be used with caution and may contribute to an increased risk of band erosion.

Adverse Events: Placement of the LAP-BAND[®] System is major surgery and, as with any surgery, death can occur. Possible complications include the risks associated with the medications and methods used during surgery, the risks associated with any surgical procedure, and the patient's ability to tolerate a foreign object implanted in the body.

Band slippage, erosion and deflation, reflux, obstruction of the stomach, dilation of the esophagus, infection, or nausea and vomiting may occur. Reoperation may be required.

Rapid weight loss may result in complications that may require additional surgery. Deflation of the band may alleviate excessively rapid weight loss or esophageal dilation.

Important: For full safety information please visit www.Lapband.com, talk with your doctor, or call Allergan Product Support at 1-800-624-4261.

CAUTION: Rx only.