

# DANCING FOR THE “CURE”

by Jim Randall

**“Obesity is the fastest-growing health problem in the U.S.”** [ NYTimes July 8, 2005 p.A-31 ]

With 65% of the American population over-weight and at increasing risk for diabetes, they say

– **“We should be dancing!”**

With obesity a problem for 16% of US school children, twice the number in 1990, they say

– **“There should be dancing in schools, too!”**

“They” are ’97 World Dance Champions – Sam & Denise Miller – out everywhere, going cross-country, preaching the gospel of dance.

These dance missionaries are on the road – The National “We Should Be Dancing!” Tour – spreading the word about Dancesport as the best life-time recreational activity, and the ideal fitness routine, for every American man and woman, every boy and girl.

Sam Miller argues that Dancesport is THE **life-time recreation**. “It’s the contact-sport-of choice! It’s injury-free. There’s no age barrier. No equipment requirements – just comfortable shoes. Most important of all, dancing puts fun into exercising ... into getting, and being, healthy.”

“If every school puts dance in its curriculum this fall,” says Denise, “the next generation can be physically fit. Dancing is the perfect sport for school-kids, K-through-12. Because every one can participate, instead of just a relative few in football or basketball and those few face early retirement – 95% are done by the end of high school or college.”

Sam believes that learning to dance, as young as possible, is a key to prosperous adult relationships, too. “Partner dancing is a great way for boys and girls to learn respect for each other and to learn cooperation with the other gender. That’s practical knowledge every person can use for a lifetime.”

Could partner dancing – schooled K-12 – be the basis for **fewer divorces**, as well as **life-time fitness**, for the next generation? Is there a better introduction to interpersonal skills and healthy relationships between the genders ... or a better way to practice them? [ See the feature documentary – “Mad Hot Ballroom” – about NYC middle school students and their joy from learning to dance and to appreciate each other! ]

Denise points out that “dancers are always smiling ... ’cause they’re having fun! Dancing is a fantastic anti-dote for stress. It just melts away. That’s part of the reason people call partner dancing the ‘3-minute romance.’ After a night on the dance-floor, we come away refreshed. That’s the way to exercise, we think! ... while having one of the most joyous experiences in life – partner dancing.”

The Millers are hosting the U.S. National Dance Championships near Washington DC,

October 6-8, 2006. ([www.USNationalDanceChampionships.com](http://www.USNationalDanceChampionships.com))

That’s the foundation for their program to bring partner dancing into every community in the country and into every American school.

**Dancing is easy ... when you know how! Helping everyone get that “know-how” is our passion.**  
– Sam & Denise Miller