



Dancing your way to a fitter lifestyle

BEN HARVY

DANCING is not just about getting fit or looking good, it also is about getting through life.

Artistic director and co-founder of Move Through Life Dance Company, Jo McDonald, says: "I don't dance for exercise but when you are in the moment, you are lost in that moment and you can achieve things in endurance you wouldn't be able to do normally."

The company, formed in 2004, now is offering an eight-week get fit for summer program. Ms McDonald said that would provide a low-impact course of toning stretches and beneficial jazz dance moves.

The Advertiser and Adelaide-Now's 10-tonne Challenge is in its second week. Check out adelaidenow.com.au/10tonne for a daily tip and remember to record your progress. Register now at adelaidenow.com.au/10tonne

ON A HIGH: Jo McDonald of the Move Through Life dance company.

Picture: TOM LEE