

**MEDIA RELEASE: Health/Lifestyle Feature**  
20 May 2010

“Men sweat, women perspire, but dancers glow”  
SYTYCD USA choreographer Debbie Allen as Lydia Grant  
in the 80s Fame TV series



## **Dance away the winter blues**

Who wants to go out for a walk or run when it's cold and rainy outside?

And yet research shows that exercising in winter helps keep moods elevated, staves off winter colds, and prevents the build up of dreaded winter flab; all of which makes dance classes the perfect winter fitness option.

This winter, Adelaide dance company Move Through Life is offering an 8-week “Beat The Winter Blues” contemporary jazz dance program to help people feel great during the colder months.

From 2-3pm Saturday afternoons from June 5-July 24 in Glengowrie any adult of average fitness with an interest in dance can beat those winter blues, stay fit, make new friends, and of course, have fun and learn how to dance.

“It's tempting in winter to hunker down, eat lots of hearty comfort food, then emerge in spring alarmed at the way you've let your summer exercise habit slip,” says program teacher Louise Durrans. “The surprising thing about dancing through winter is that you end up feeling vibrant and alive instead of like you're in hibernation mode.”

Artistic director Jo McDonald says “We want to challenge people to have a go and see how much better they feel in August.”

Helma Hooper started with the MTL summer program and now does the regular adult ballet class. “I always wanted to do ballet and adult ballet classes are very hard to find so when I completed the 8 week jazz course I thought I would give it a go.” said Helma. “It is very different from anything I have done before and I must admit while I am finding it challenging I am thoroughly enjoying it.”

Formed in 2004, Move Through Life Dance Company has a vision to inspire and enable people to dance throughout their lives. MTL offers other training, choreographic and performance opportunities for adults of various ages and skill levels in contemporary, jazz, ballet and body conditioning.

The “Beat The Winter Blues” dance program is part of MTL's seasonal “get fit” dance initiative to give people with little or no dance experience an entry point into dance.

As Jo McDonald points out, “There's nothing like walking into the cold winter air, with sweat fresh on your skin and endorphins flowing through your body.”

### **MTL Beat The Winter Blues contemporary jazz program**

Saturday afternoons from 2pm-3pm, 5 June to 24 July  
Glengowrie Uniting Church Hall, Cnr Beadnall Tce and Butler Cres

See [www.movethroughlife.org.au](http://www.movethroughlife.org.au) for regular classes on Wed, Thu and Sat throughout the year in Glengowrie and Clarence Park

Interview and photo opportunities are available.  
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