

**MEDIA RELEASE: Health/Lifestyle Feature**

August 31 2009



## **Blame it on the boogie**

(when they ask how you got so fit for summer)

"Fitness is more than just working out and dancing is more than just learning a few steps; it's about moving through life."

**Jo McDonald**

Getting in shape for summer is something that a lot of people ponder but few people do. Apart from anything else, most fitness regimes are time consuming and dull. They can leave you out of pocket, out of breath and no closer to the perfect body; which is why millions of people the world over are turning to the dancefloor for fitness, fun and a firmer physique.

"Dance is the best exercise because it combines *all* the elements of fitness and well being," says Jo McDonald, Artistic Director of Adelaide's own Move Through Life Dance Company. "It's physical and it's social and, in the end, it seriously lifts your self esteem and confidence."

To that end, Move Through Life are branching out from a series of successful productions (including this year's sold out Fringe smash *Black Coffee*), and presenting an eight week fitness course-cum-contemporary jazz class for all comers.

"One of my key objectives with Move Through Life is to get people *involved*," McDonald explains. "So, while most people feel they won't ever dance on stage, there's a whole bunch of people out there who love to dance and who want a bit of exercise and fitness that's actually fun."

MTL's 'get fit for summer' dance classes aim to create a blend of workout and night out. Over eight weekly 60 minute sessions participants will get a solid, low impact course of body toning stretches and socially beneficial jazz dance moves.

"Even if you think you can't dance, your body will love the exercise," McDonald emphasises. "And even if you're not too fit, you'll have a great time getting your groove back."

Formed in 2004, Move Through Life Dance Company is one of Adelaide's true gems, having produced five critically acclaimed shows in five years and built up a solid fan base. This spring the company is looking to further pursue its stated goal of making dance accessible to all people of all ages and levels of ability by opening its doors to anyone who wants to look hot this summer.

"Seriously, a little bit of dance training is the best makeover you'll ever have," McDonald concludes.

### **MTL Get fit for summer contemporary jazz classes**

Saturday afternoons from 2pm-3pm / Glengowrie Uniting Church Hall  
Oct 10 – Nov 27

### **Artistic Director Jo McDonald is available for interview.**

Picture available: [www.movethroughlife.org.au/mediainages.htm](http://www.movethroughlife.org.au/mediainages.htm)

To arrange an interview please contact Paul Ransom  
**0417 837 231 – [paul.ransom@movethroughlife.org.au](mailto:paul.ransom@movethroughlife.org.au)**