

MOVIN AND GROOVIN

Do you think people who live in warmer climates have a sunnier disposition than those of us who must contend with cold, snow and months of clouds? Maybe, but there is a way to brighten your mood no matter what the weather. And it's just a turn of the switch, a swing of the hips and shuffling of the feet to lift a sullen mood.



Listening to your favorite music is an instantaneous energizer. Music arouses memories of playfulness, times when maybe you weren't quite Fred Astaire or Ginger Rogers, but you sure heck felt like it. A favorite song can place you exactly in the mood to shake it, rock it, and

move to the groove. And movin to the music  is a great way to exercise and not even know it. If you've ever done the polka you know what I am talking about!!

So, pick a favorite radio station, CD or record and dance your troubles away. Sing out loud, bang the piano, swivel those hips, or two step away your troubles. Just like a prescription from the doctor, take a daily dose of dancing and call me in the morning. I'll bet you'll feel better, and your heart and muscles will thank you for the workout.



