ENGL 1013
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Long Summary

In the article “Why Is Dancing So Good for Your Brain?”, Christopher Bergland claims that dancing can benefit one’s health in many different ways. It can help you improve your balance, by making you less dizzy, help you gain a much stronger and healthier muscle memory, and can help you achieve maximum brain function at all times.

Bergland explains that dancing can help your balance because years of training enables dancers to “suppress signals from the balance organs in the inner ear,” making it less likely for dancers to get dizzy. These balance organs are fluid-filled chambers that sense rotation of the head through tiny hairs that sense the fluid moving. Once you stop rapidly spinning, the fluid continues to move, making you feel like you’re still spinning. Dancers, on the other hand, have trained the fluid to have a perception of spinning for a shorter amount of time. Dancing can also help one to not have a fear of falling. Because dancing can improve the cerebellum, people who dance will not have as high as a chance to have impaired balance which makes them not have that fear of falling every time they stand up too fast or spin around in circles too many times.

Bergland also states that dancing can help improve one’s muscle memory by walking through the moves slowly and “encoding each movement with a cue through ‘marking.’” This shows that once the dancer knows all the moves, he/she no longer has to think about what comes next. It is all natural and easy to the dancer because they now have the muscle memory of the choreography. This improved muscle memory helps dancers look like they have fluidity while they are dancing because they do not have to have a point where they have to stop and think about what move comes next. This allows them to create a more elegant and pleasant dance in front of an audience. Dancers with improved muscle memory makes dancing look a lot easier than those whose muscle memory is not as strong. Bergland argues that practicing at performance speed does not allow dancers to memorize or consolidate the steps of the sequence, thus can encumbus their performance.

Bergland goes on to explain that dancing can also help maximize the brain function. This happens because activity blends the cerebral and cognitive thought processes, therefore allowing dancers to “achieve peak performance.” This can also help one to achieve peak performance at anything in life because it will make them want to always do their best so they can feel like they are the best, also making them more confident in themselves. Meaning that dancing can help you reach your maximum brain function and can help you always do your very best.

Bergland’s research concludes that dancing can help the brain in more than one way. It can help your balance and make you less prone to dizziness, it can help you gain a stronger, healthier, and more efficient muscle memory, and it can help you always achieve peak performance all at the same time.

Short Summary

In Christopher Bergland's article, "Why Is Dancing So Good for Your Brain?", the author claims that dancing can benefit one's health in many different ways. Dancing can help your balance because years of training enables dancers to suppress signals from the balance organs, fluid filled chambers, in the inner ear, making it less likely for dancers to get dizzy. Dancing can improve the muscle memory to help dancers look like they do not have to think about what moves comes next, making the dance look easy. Dancing can also improve one's brain function because activity blends the cerebral and cognitive thought processes, therefore allowing dancers to achieve peak performance, claims Bergland. Overall, dancing can not only help improve your balance, it can also give you a stronger, healthier muscle memory, and help you gain your maximum brain function.

Works Cited

Bergland, Christopher. "Why Is Dancing So Good for Your Brain?" *Psychology Today*, Sussex Publishers, 01 Oct. 2013, https://www.psychologytoday.com/us/blog/the-athletes-way/201310/why-is-dancing-so-good-your-brain.