



# **DANCE FOR FITNESS RESEARCH STUDY**

**A COMMUNITY-BASED DANCE PROGRAM FOR GIRLS WITH INTELLECTUAL DISABILITIES**

**We are seeking girls with  
intellectual disabilities  
ages 13-21 to participate in  
Dance for Fitness**

## **WHAT IS DANCE FOR FITNESS?**

- ❖ Research study to test the effects of dance on fitness and well-being in girls with intellectual disabilities.
- ❖ 12-week program.
- ❖ 2 dance classes/week.
- ❖ Trained instructor will teach routines and supervise classes.
- ❖ Participants will practice dance at home using an instructional video.
- ❖ Variety of dance styles (e.g. Hip Hop).
- ❖ Fitness testing and activity monitoring.
- ❖ Great music and fun!

## **WHO CAN PARTICIPATE?**

- ❖ Healthy girls with intellectual disabilities ages 13-21.
- ❖ Able to communicate verbally.
- ❖ Medical approval required.
- ❖ Doing less than 60min/day of physical activity.
- ❖ Phone interview with parent and one meeting to confirm child's eligibility.

## **WHEN & WHERE IS DANCE FOR FITNESS?**

**Wednesdays 3:45-5:00 & Saturdays**

**11:15-12:30**

**April 6 - July 2, 2016**

**Waltham YMCA**

**725 Lexington St., Waltham**

**For information or to enroll  
please contact:  
Brittany Chapman  
(508) 340-6666  
[brittany.chapman@umassmed.edu](mailto:brittany.chapman@umassmed.edu)**