Carol
Well, dancing is more fun than the gym. It's an

Presenter
So, how long have you been running dance classes?
Carol
Hi. Oh, well, I started the dance school almost ten years
ago when I was only twenty. So, I’ve been in this
business a very long time now.

Presenter
Are most of your students young?
Carol
Well, a lot of people who come are young, and I don’t
get so many older people, but I like to think that it
doesn’t matter how old you are. We have lessons every
day except Sunday and Monday, and everybody’s
welcome – you’re never too old to dance.

Presenter
So, why is dancing a good way to keep fit?
Carol
Well, dancing is more fun than the gym. It’s an
enjoyable way to exercise and you’re learning new
moves and dances every week. I think that dancing is a
popular form of exercise because of the social aspect
that comes with it. You can attend with your friends or
make new friends at the class. Dancing is cardiovascular
exercise so it keeps your heart healthy.

Presenter
I read recently that dance is becoming more popular
than sport with young people. Do you think that’s true?
Carol
Absolutely. And the statistics prove it. The number of
people playing football in Britain is going down, but
the number of young people dancing is rising steadily.
Did you know that an estimated 5 million people take
their exercise at dance classes, which is a lot more than
play football? In fact, dance exercise is one of the most
phenomenal growth areas of twenty-first century sport
and social culture in Britain. As to why, well, I think it’s
because people like to look good while they are
exercising, and you look great when you’re dancing.
And people like to do individual sports. With dance, as
with other individual sports, you set your own limits,
improve at your own speed, and you’re never
embarrassed. In team sports, there’s always someone
who is better than you, it’s very competitive, and you
feel terrible when you make mistakes.

Presenter
Which is your most popular class?
Carol
We do ballet, tap, and street dancing, but not jazz or
salsa dancing. Ballet is most popular with the children
but I would say that adult classes are equally as popular
as each other – street dancing is very popular with
teenagers, too. I think that joining a dance class gives
you a sense of discipline and confidence as well as
keeping you fit. Like everything, it’s what you make of
it. I started dancing because my sister, who is really shy,
wanted to learn, so I went along to keep her company –
that was twenty years ago!