

Title:

Salsa Dancing Burns Calories

Word Count:

408

Summary:

Experts agree that dancing salsa can burn up to 10 calories per minute. But best of all, salsa

Keywords:

salsa, salsa dance, dance, salsa dancing, dancing, dance instruction

Article Body:

Experts agree that dancing salsa can burn up to 10 calories per minute. But best of all, salsa

Let me explain the difference between the two

Aerobic ~ Specifically refers to the use of the same large muscle group, rhythmically, for a p

Anaerobic - Anaerobic activity refers to activities that are short in duration and high in int

Aerobic refers to air or oxygen. To easily remember the difference between aerobic and anaerob

The continual movement of the salsa dance style steadily burns calories but also tones the bod

Salsa is also an excellent exercise choice because it combines individual dance routines that

A night of dancing is an excellent workout. If you are just learning to salsa dance you most l

In general, salsa dancing is an excellent workout. You'll get fit, more toned and look better

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>