



Fun Day Sunday



Dance Party!

Have you ever heard a song on the radio and immediately your foot starts tapping, your head starts bobbing and you find yourself smiling? Music and dancing can actually have a positive affect on your physical and mental health!

Dancing has been shown to improve heart health, build muscle strength, and improve balance and coordination. It also can strengthen the area of the brain that controls memory, and reduce overall stress and depression.

When you feel the stresses of life weighing you down, when you feel yourself struggling, take a few minutes to focus on yourself. Pop in a CD of your favorite singer, create a playlist on Spotify or turn on the radio and start moving those feet.

Here's a list of inspiring songs to get you started:

- Dancing Queen (ABBA)
- Dancing in the Street (David Bowie/Mick Jagger)
- Footloose (Kenny Loggins)
- Shut Up & Dance (Walk the Moon)
- Twist & Shout (The Beatles)
- Crazy Little Thing Called Love (Queen)
- Happy (Pharrell Williams)
- Uptown Funk (Bruno Mars)
- Celebration (Kool & the Gang)
- Sweet Home Alabama (Lynyrd Skynyrd)
- I Got a Feeling (Black Eyed Peas)
- Heart of Rock & Roll (Huey Lewis & The News)
- Firework (Katy Perry)

NAMI Vermont Minute:

NAMI Vermont has a list, too. Not exactly a song playlist, but rather a wish list of items to help support the success of our programs and services. From food and gas cards to books for our lending library, from binders to flash drives, our office can help you land on the perfect in-kind donation. Contact info@namivt.org or call 876-7949 for ideas.