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Belly Dance with Mahin

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Israeli Study Reports Health Benefits of Belly Dance as Exercise

Women improve physical and mental wellness with safe and enjoyable recreational activity

PHOENIX, Arizona -- , January 1, 2012 - "No pain, no gain" may not be the key to improving health through exercise. A new study suggests that consistent and enjoyable exercise may be the ticket to better health for women. In December, Israel's Clalit Health Services published a study on the health benefits of belly dance as exercise.

The study involved 129 women with an average age of 49. The women participated in 2 hours of belly dance class a week for one year. The health and wellness benefits attributed to the belly dance exercise program included:

- Fewer visits to their family doctor.
- Self-reported increase in general health.
- Reduction of both weight and body mass index (BMI)

The Clalit study published by Dr. Clara Friedman found that belly dance is a "safe and pleasant form of physical exercise that has a positive effect on both physical and mental health." Local belly dance instructor, [Mahin Sciacca](#), who also holds a B.S. in Exercise & Wellness adds "Belly dance uses the entire body in a low or no-impact way. It strengthens the core muscles to prevent back problems, improves stamina, flexibility and balance in ways that help women function better in their daily lives."

Many women also find it easier to stick with this kind of exercise plan. As Mahin explains "It's an acknowledged fact that people who exercise with others are more likely to keep it up. When women come together in a [belly dance class](#), they not only get their bodies moving, they make friendships and enjoy each others company - which keeps them coming back coming back for more."

Mahin holds [weekly belly dance classes](#) for women of all ages and abilities in both Phoenix and Gilbert. More information can be found at www.shes-got-hips.com/ClassInfo.html .

ABOUT MAHIN

Mahin has been teaching and performing Middle Eastern belly dance in the Phoenix area for over 10 years. She is the author of the internationally published "[Daily Bellydance Quickies](#)", a national workshop instructor and free-lance writer for *Shimmy Magazine*. She also holds a B.S. in Exercise & Wellness with honors from ASU.

Photos and interviews available upon request.

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