# Online Dancing

# Why We should dance?

**Health benefits of dancing**

* improved condition of your heart and lungs.
* increased muscular strength, endurance and motor fitness.
* increased aerobic fitness.
* improved muscle tone and strength.
* weight management.
* stronger bones and reduced risk of osteoporosis.
* better coordination, agility and flexibility.

## Different Usage of the Website

| How much can we expand in the Website | 1 | 2 | 3 | 4 | 5 |
| --- | --- | --- | --- | --- | --- |
| **Adding Cross Fit** |  |  |  |  | Y |
| **More Classes online** |  |  |  |  | Y |
| Adding section of Food Nutrition |  |  |  |  | Y |
| It ca be not only online, we can make real class front of beach |  |  |  |  | Y |
| Adding more classes for Kids |  |  |  |  | Y |

List the bias or emotion you are demonstrating or see demonstrated in others who are working with you on a problem or project. Then consider what can be done differently to alleviate the bias or emotion. An example is provided.