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"When you use dance as exercise, it's entertaining, which means you'll be more likely to stick with it," says Michelle Burkhart, director of Dance/NYC in New York City. "With dance you're maintaining a good weight and strong cardiovascular system while developing a new skill and art form all at the same time."

Read more about Women's Day top 3 ways to get in shape here:
www.womansday.com/Articles/Health/Fitness-Exercise/3-Fun-Ways-to-Get-in-Shape.html