

Role Play: Mila and Cesar Dance Their Way to Heart Health

Cesar and Mila's two daughters take a folk dancing class. Their friend Helena's son, Jun, also takes the class. Mila, Cesar, and Helena are talking while waiting for the children to finish folk dance practice.

Helena: This is Jun's first time performing on stage. He is a little nervous about dancing at next month's festival—and so am I!

Mila: Yes, but it is good for the kids. They love coming to practice, because they get to see their friends. And they learn about the Philippine culture. But I really like these classes, because once the kids have finished practicing, we adults get to dance!

Cesar: Yes! We usually do line or ballroom dancing. We have had so much fun that we asked the dance teacher to make it weekly.

Helena: Really? Aren't we too old for that?

Mila: Oh, no! It gets us in shape for all the parties—the cotillions, weddings, and formal parties. Sometimes, the kids even join the line dancing.

Helena: That sounds like fun, but I do not have a lot of time.

Cesar: It is not really a lot of time. Since we are already here for the kids, it works out perfectly. We get to catch up with everybody and be a little physically active, too. The children love seeing us dance!

Mila: I was shy about getting started, but now I cannot wait for dance practice. This is a great physical activity that Cesar and I love doing! My doctor told me I need to stay physically active, and this is a great way to get your heart pumping and have fun, too.

Cesar: Please join us, Helena! Dancing will keep your heart and spirit young. The steps are simple. I will go slowly.

Helena: I do like this song—and I have always wanted to learn the steps. Okay—I will try it!