

KEEP ON DANCING



NINE STRANGERS EMBARK ON A NEVER-BEFORE-TRIED EXPERIMENT **TO SLOW AGEING**

Can dance can be a shortcut to better health? This unique two-part documentary sees a group of over 65's attempt to slow the effects of ageing through dance. Under the stewardship of a leading choreographer *Keep On Dancing* follows their remarkable transformation across 12 intensive weeks, culminating in a one-of-a-kind performance for friends and family. Along the way, we discover the emerging science that says dancing can improve fitness, balance, memory, mood and cognition.

Most of the volunteers have no dance experience, however they are in excellent hands with choreographer Kelley Abbey (*Dancing with the Stars, Happy Feet*). Our dancers are living with many of the health conditions we face as we age – Parkinson's, Alzheimers, cancer, peripheral neuropathy and poor balance that leads to falls.

A biomechanical scientist monitors their progress through physical and cognitive tests. The effects of music on the brain are well documented but what exactly does dancing do to it? As it uses the 'whole brain', it actually engages areas often badly affected by age.

What makes this experiment a first-of-its-kind is the focus of putting on a final performance, which gives the sessions purpose and brings the group closer together.

By the end of the 12 weeks, they're fitter, stronger and in many cases, better at cognitive tasks. All that's left to do now is to show friends and family what they've been working on. There's not a dry eye in the house when they take the stage, and their performance is executed with professional ease and greeted with a rapturous standing ovation.

MEDIA HIGHLIGHTS

'These are the stars you really want to dance with'

– **The Sydney Morning Herald**

'Entertaining and heartwarming'

– **Geelong Independent**

HD 2 x 60'

Australian Broadcasting Corporation

Format available



SOCIAL HIGHLIGHTS

INSTAGRAM

The most incredible show I have watched in a long time 🍷🍷🍷🍷🍷🍷🍷🍷🍷🍷 still crying 😭

harmstonjanelle

That was so beautiful to watch .. such a lovely experience and a wonderful outcome for them all. A credit to all involved.. just loved it!

leigh__e

I had the leaky eyes the whole final episode! 🍷🍷🍷🍷

casa_madrid4

That was just fabulous! Congratulations to everyone involved I'm still crying!! ❤️

debnoye1

Best show 🍷🍷🍷

clairehallisey

I can't tell you how much I enjoyed this. Very emotional and wonderful. What an amazing group of people. So proud of what they achieved. Loved every minute ❤️❤️❤️

drooz_oz

Exceptional show ❤️❤️❤️

trevridesawing

I'm not crying, you are... 🍷🍷🍷🍷🍷🍷

vinyl.loves.you

FACEBOOK

Awesome show! Watching the finale I'm bawling my eyes out with joy for them ... what an absolutely beautiful human experiment

Sandii Chan

I have just watch part 2 of this wonderful show and of course crying my eyes out at the results and to see them all so very happy. Well done. 💜

Yvonne Hili

I really enjoyed watching this tonight, stay young...keep 🍷🍷 improves physical & mental facilities. Luv'd it, congrats 🍷 to everyone involved it was lovely watching it all come together.

Karen Douros

What a wonderful documentary!

Maryanne Davis

