

Recreational Drumming: Celebrating Health and Wellness

October 13–October 17, 2008

PERCUSSIVE
ARTS SOCIETY

Recreational drumming can play an important role in your health and wellness. Clinical research has demonstrated many health benefits of this interactive art form. Recreational drumming is an entertaining and sharing experience that promotes community interaction, personal expression, and joy. To learn more about these types of activities and programs in your area, visit www.pas.org for more information.

SIX WAYS THAT RECREATIONAL DRUMMING CAN HELP YOU LIVE A HEALTHIER LIFESTYLE

MAKE YOUR OWN MUSIC

Self-expression defines who you are as an individual. Through music, you have the ability to share your feelings, your story and personality. Recreational drumming allows you to learn a musical skill that promotes your ability to express yourself through making music.

INCREASE YOUR ENERGY

Increasing your physical activity boosts your metabolism and energy. Recreational drumming is a physical activity that supports healthy circulation, breathing, and can supply you with more energy.

RELIEVE STRESS

Stress is caused by both and positive and negative situations. Recreational drumming provides outlets that promote fun and positive forms of expression. It can lead to positive shifts in your mood, resulting in relaxed satisfaction and joy.

BUILD COMMUNITY

Recreational drumming provides an opportunity for you to connect and interact with other people to make music. It is a great intergenerational activity that allows you to learn a skill while building your social skills and your ability to communicate with others.

REDUCE FEELINGS OF ISOLATION

Build bonds with others to allow yourself to grow interpersonally. Recreational drumming can open the door to peer bonding through a learned skill. It can also create an atmosphere of sharing and commonality that can connect you to others around you.

IMPROVE FINE MOTOR SKILLS

Recreational drumming is more than just hitting a drum! It improves gross and fine motor skills, hand-eye coordination, and supports left/right brain coordination. It is a physical activity that allows you to produce music.

