

Review of: "Flourishing in Salsa Dance: A Qualitative Investigation of Aesthetic, Artistic, and Creative Contributions"

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Potential competing interests: No potential competing interests to declare.

As a fitness professional,

The text offers a broad and ambitious vision of the practice of salsa and its impact on well-being, health and the community, which is valuable. However, there are some points that could be addressed in greater depth and precision.

Emotional and physical benefits, cognitive and learning aspects, health and well-being, as well as community building are mentioned. It would be more effective to provide specific examples or cases that support each of these aspects, which would strengthen the validity of the conclusions.

Although the literature on dance for health is referenced, it may be beneficial to expand the reference base to provide broader context and more strongly support the claims made in the text.

The connection between the findings and practical recommendations is well established, however, it would be useful to delve deeper into how these recommendations could be specifically implemented in health promotion policies and wellness programs.

Overall, the text provides a comprehensive overview of the potential benefits of salsa on well-being and health, but could improve by being more specific in the connection between theory, methodology, and concrete research findings.

Furthermore, expanding the reference base and providing specific examples would strengthen the argument.