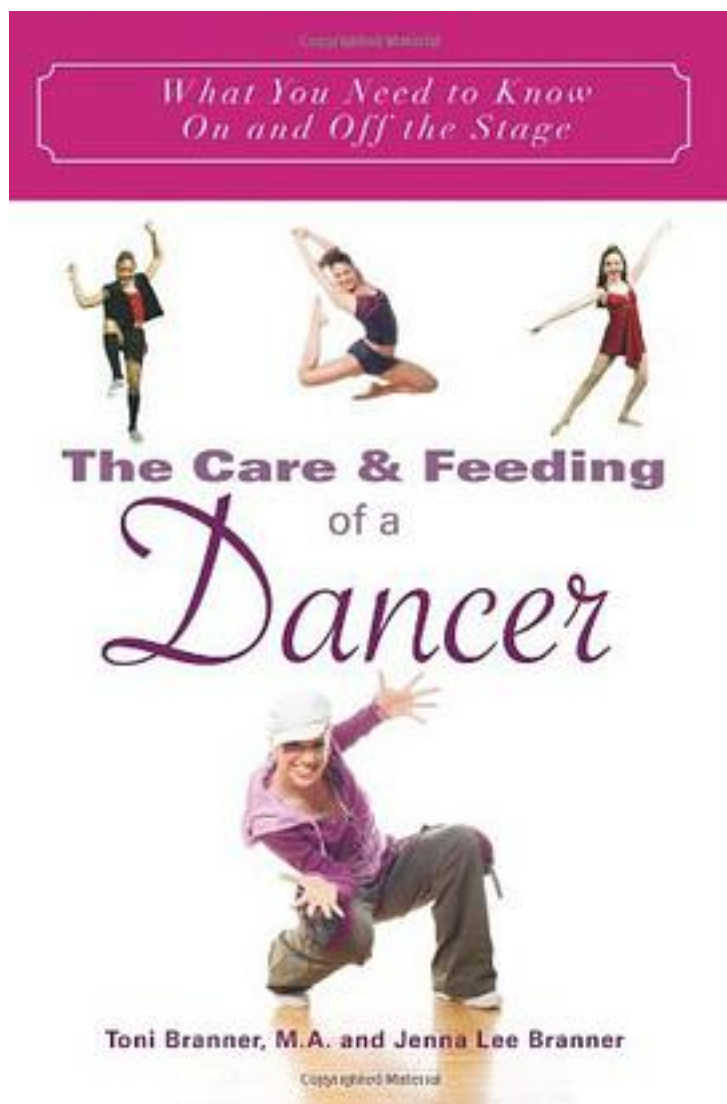


The Care and Feeding of a Dancer



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Do you love to dance and want to move to the next level? Becoming a top dancer takes hard work, practice, commitment and dedication. But of course, you already know all that. But, did you also know that the decisions you re making about your mental and physical well-being right now can directly impact your future health and success as a performer? The Care and Feeding of a Dancer is your guide to a successful and healthy future in the competitive world of dance. Becoming a successful dancer means being physically and mentally prepared to survive and thrive. From effective warm-up and stretching to proper diet and healthy sleep patterns, The Care and Feeding of a Dancer is a must-read to help you reach your peak performance. Learn how whole food nutrition can prevent free radical damage to your body from strenuous dance workouts. The Care and Feeding of a Dancer includes: Inspirational quotes from choreographers, pros and students and teachers State-of-the-art training, injury prevention and stretching techniques Mental exercises to overcome anxiety or stage fright Injury treatment Smart nutrition for at home, in the studio, on the road, or at a restaurant. Time management strategies for home, school and practice Whether you train in ballet, contemporary, hip-hop, jazz, lyrical or tap, The Care and Feeding of a Dancer is a must-have guide to take you to the next level.

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