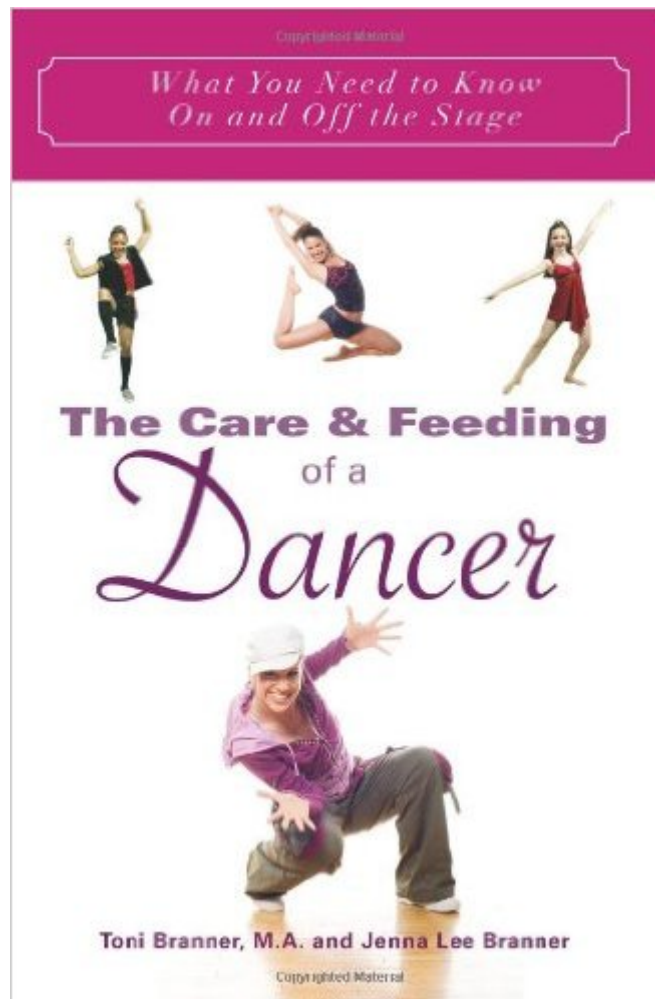


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# The Care And Feeding Of A Dancer: What You Need To Know On And Off The Stage



## Synopsis

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.

## Book Information

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[Personal Health > Fitness & Exercise](#) #20 in [Books > Teens > Art, Music & Photography >](#)

[Performing Arts > Dance](#) #51 in [Books > Teens > Personal Health > Diet & Nutrition](#)

Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

Toni Tickel Branner has three books out on the "Care & Feeding of ...". While there are differences in this book (the quotes and some non-soccer advice) a lot of the language is exactly the same for this book on dance. My first review was of her book for the soccer player. So, I don't think you need all three. Just pick the one that is most focused on what it is you do. Just as she has adapted her text, I have only slightly altered my review. We all know that exercising our bodies is good for us. We also know that real life is full of competition and there is winning and losing in all that we do. Dance is obviously very physical, and has the benefit of being an outlet for artistic expression. As the author notes, "you learn to push yourself to your fullest potential, learn to take criticism as well as compliments. You feel pain, you experience success, you deal with defeat, and you gain irreplaceable friendships with other dancers." The author takes a responsible approach to fitness, nutrition, and dancing to enhance your child's life, not consume it. Besides her own experience as an exercise physiologist, she has a board of medical and exercise experts who, I assume, looked over this material. She also realizes that dance has a progression to it has different skill requirements according to age or grade level. Her advice for learning skills, and warming up take all this in mind. I particularly like her discussion of common injury types and what you can do to prevent them. She also discusses the mental and emotional aspects of dance, including handling stress. Her food advice is quite good; if a bit too vegetarian for my tastes, but nothing here will be anything but good for you.

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