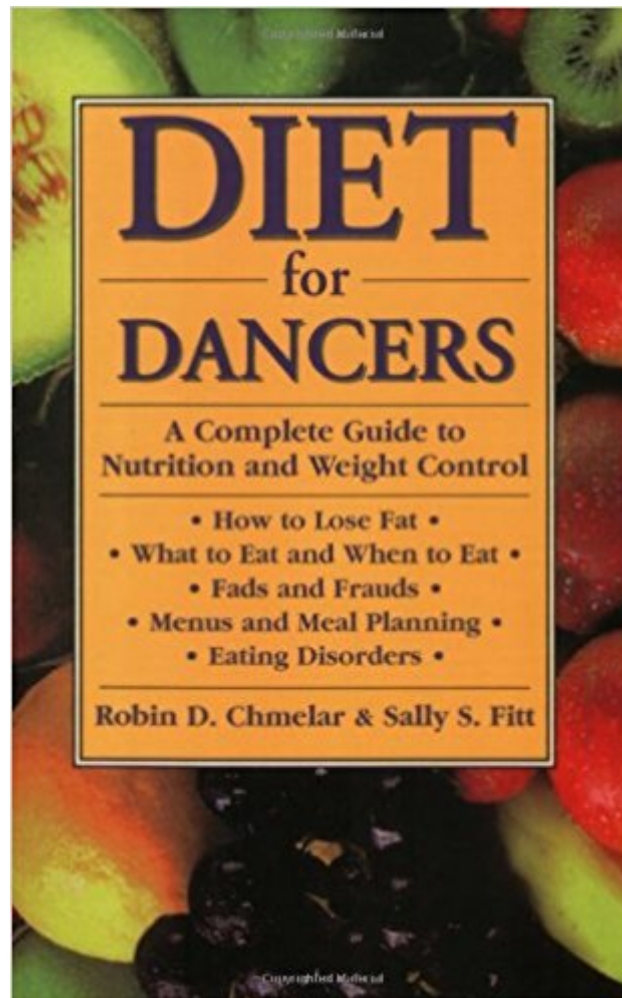




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# Diet For Dancers: A Complete Guide To Nutrition And Weight Control



## Synopsis

The first diet book based on research with dancers, this guide provides information about proper dietary procedures that will enable people to reach and/or maintain their optimal body weight for dancing. Areas discussed include weight control, individual differences in metabolism, and body composition.

## Book Information

Paperback: 164 pages

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Average Customer Review: 4.0 out of 5 stars 37 customer reviews

Best Sellers Rank: #453,235 in Books (See Top 100 in Books) #45 in Books > Arts &

Photography > Performing Arts > Dance > Reference #3685 in Books > Health, Fitness &

Dieting > Diets & Weight Loss > Other Diets #36880 in Books > Humor & Entertainment

## Customer Reviews

Robin D. Chmelar has contributed to the journal Medical Problems of Performing Artists. Sally Sevey Fitt is the author of Dance Kinesiology.

I love this book, and have lent it to a few friends who wanted to get some control over weight issues. While I am not a dancer, I am an avid devotee of the NYC Ballet workout, and I walk every day for at least 1.5 miles. This book gave me a lot of impetus to seriously take a look at what I was eating, when I eat it, why I'm eating it, and how much of it I am eating. It contains information about vitamins and how much to take, foods that are good for attaining and maintaining a leaner body mass, and a section to help chart how much and what you eat each day. The result: My skin and body look wonderful, I have a lot of energy, and my muscle tone and strength has surpassed anything I have ever known in my life, even when I was a lot younger. I would say that because of this book, I am healthier than I have ever been.

My daughter is now a dance teacher. When she was young and dancing 24/7, I bought this book for

her to learn how to fuel her body properly for the workout she was getting. No anorexia under my watch! When she went to college, I gave the book to one of her younger dance teammates. She had me order this for one of her students; she was worried that she was too thin, and didn't have the strength to hone her craft. It was well received.

I bought this book wondering what I would find. Too many of the reviews here would like to make this book out to be a guide to starving oneself thin. The book is very complex, offering the physiology of how food breaks down in the body, how starvation and very low calorie consumption adversely effects the body, and how to calculate proper caloric intake based on weight and activity level. The recommended diet is the Exchange Program, that would be the American Diabetic Assoc. diet. The very same one physicians instruct persons with type 2 diabetes to use. This diet ensures that you eat a variety of foods (starches, meat, veggies, fruits, milk/dairy, and fat) and do not have to directly count calories. This is not a quick weight-loss plan, in fact the book testifies to the fact that this is a slow process. I couldn't find anything in this book that recommended unhealthy practices to lose weight. Bottom Line: This diet WILL work and is not encouraging dangerous behavior in dancers or everyday folks!

This book provides useful, real information on how to lose or maintain weight for dancers, and various strategies to use in any diet. The authors mainly focus on the American Diabetic Exchange program, which, it turns out, is a great way to keep track of what you're eating, and they also provide the optimum number of each type of exchange for many different calorie intakes. Overall, this book is great. No complaints, except if they could make a more updated version (the back has frozen meals and their exchange values, and some companies don't exist anymore, so updating that type of info would be very helpful) that would be amazing!

I just finished this book. I loved all the detail given on how our bodies work. This book introduced me to the "exchange" diet. I really like this as opposed to counting calories. I feel like the exchanging helps me eat good calories. Also, this book has lots of great charts and appendices. It was very easy to read too. I blew thru it in two days. I only wish they had provided a grocery shopping list. That would have made this book perfect.

Informative and helpful to dancers, specifically to this group. Thank you. .you have supported a very highly trained group of athletes with important and scientific knowledge of nutritional needs for our

bodies and maintaining healthy living.

This book is quick and to the point. It helps prepare for heavy work days and remain fueled. I also enjoyed reading "Nutrition for the Dancer." It is by Zerlina Mastin. You may enjoy this book as it compliments Diet for Dancers well. Enjoy!

What I expected. Thanks will order from seller again. Pleased with purchase.

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