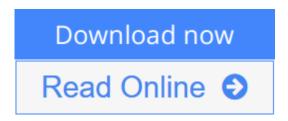


# Dancers' Body Book - With Trade Secrets On How To Become And Stay Slender, Healthy, Strong And Energetic...

By Allegra; Camner, James & Constance Kent



Dancers' Body Book - With Trade Secrets On How To Become And Stay Slender, Healthy, Strong And Energetic... By Allegra; Camner, James & Constance Kent

Ballet dancers have the strongest, most beautiful, probably the most envied bodies in the world. How do they stay slender and willowy while maintaining the extraordinary energy it takes to perform night after night? Can a nondancer or an amateur attain a dancer's figure and a dancer's vitality? And keep it? Here, in The Dancers' Body Book, the legendary ballerina Allegra Kent discloses the health, weight-watching, and relaxation secrets of some of the world's greatest ballet dancers -- from Suzanne Farrell and Fernando Bujones to Darci Kistler and Madame Alexandra Danilova. Combining them with two well-balanced diets -one to lose weight by and one to live by -- and an exercise regimen that can be tailored to the individual, she provides a fabulous fitness program for everyone who longs to be slimmer, healthier, and more energetic. Fourteen varied menus incorporate delicious recipes from the dancers themselves (such as Jacques D'Amboise's Wonderful Dinner Salad and Dierdre Carberry's Almond Meringue Kisses), along with calorie guides and advice on how to create additional menus using your own favorite dishes. Helpful discussions on sports and exercise systems -- ranging from jogging and swimming to the sophisticated "Pilates" workout -- are also included, and in a special chapter entitled "A Healthy Outlook," the dancers talk candidly on such issues as smoking, anorexia, vitamins, doctors, massage, junk foods, fad diets, and injuries. Dancers take meticulous care of all their equipment because training and performance depend on it. Of course, the most essential piece of equipment, the body, needs the most care of all, and that is what this book is about: how to take care of the world's greatest machine.



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#### **Aaron Thomsen:**

Reading can called imagination hangout, why? Because when you find yourself reading a book specifically book entitled Dancers' Body Book - With Trade Secrets On How To Become And Stay Slender, Healthy, Strong And Energetic... your head will drift away trough every dimension, wandering in most aspect that maybe not known for but surely can be your mind friends. Imaging just about every word written in a guide then become one form conclusion and explanation which maybe you never get before. The Dancers' Body Book - With Trade Secrets On How To Become And Stay Slender, Healthy, Strong And Energetic... giving you an additional experience more than blown away your brain but also giving you useful details for your better life with this era. So now let us explain to you the relaxing pattern at this point is your body and mind will be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

## **Katie Duffy:**

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