



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

*By Allegra; Camner, James & Constance Kent*

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

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Why don't make it to be your habit? Right now, try to prepare your time to do the important work, like looking for your favorite guide and reading a book. Beside you can solve your short lived problem; you can add your knowledge by the guide entitled Dancers' Body Book - With Trade Secrets On How To Become And Stay Slender, Healthy, Strong And Energetic.... Try to the actual book Dancers' Body Book - With Trade Secrets On How To Become And Stay Slender, Healthy, Strong And Energetic... as your close friend. It means that it can for being your friend when you feel alone and beside associated with course make you smarter than previously. Yeah, it is very fortunated to suit your needs. The book makes you more confidence because you can know everything by the book. So , we need to make new experience and also knowledge with this book.

#### **Aaron Thomsen:**

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#### **Katie Duffy:**

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**Patricia Rivera:**

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