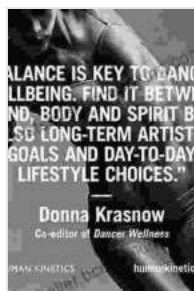


Dancer Wellness: A Comprehensive Guide to Health & Longevity

As a dancer, you know that your body is your instrument. It's what you use to express yourself, create art, and connect with others. But what happens when your body starts to break down? What happens when you get injured? Or when you just don't feel your best?

That's where Dancer Wellness comes in. This comprehensive guide to health and longevity for dancers is written by Donna Krasnow, a physical therapist and certified strength and conditioning specialist who has worked with dancers for over 20 years. In this book, Donna shares her expert advice on everything from injury prevention and nutrition to training and recovery.



Dancer Wellness by Donna Krasnow

★★★★☆ 4.7 out of 5

Language	: English
File size	: 6254 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 216 pages
Lending	: Enabled

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What's Inside Dancer Wellness?

Dancer Wellness is divided into four parts:

1. **Part 1: The Dancer's Body**

This section covers the basics of anatomy and physiology, as well as how to prevent and treat common dance injuries.

2. **Part 2: The Dancer's Diet**

This section provides nutritional advice specifically tailored to the needs of dancers, including what to eat before, during, and after dance classes and performances.

3. **Part 3: The Dancer's Training**

This section offers advice on how to train safely and effectively, including how to warm up, cool down, and prevent burnout.

4. **Part 4: The Dancer's Recovery**

This section provides tips on how to recover from injuries and how to maintain a healthy lifestyle as a dancer.

Who Should Read Dancer Wellness?

Dancer Wellness is a must-read for:

- dancers of all ages and levels
- dance teachers and choreographers
- parents of dancers

- physical therapists and other healthcare professionals who work with dancers

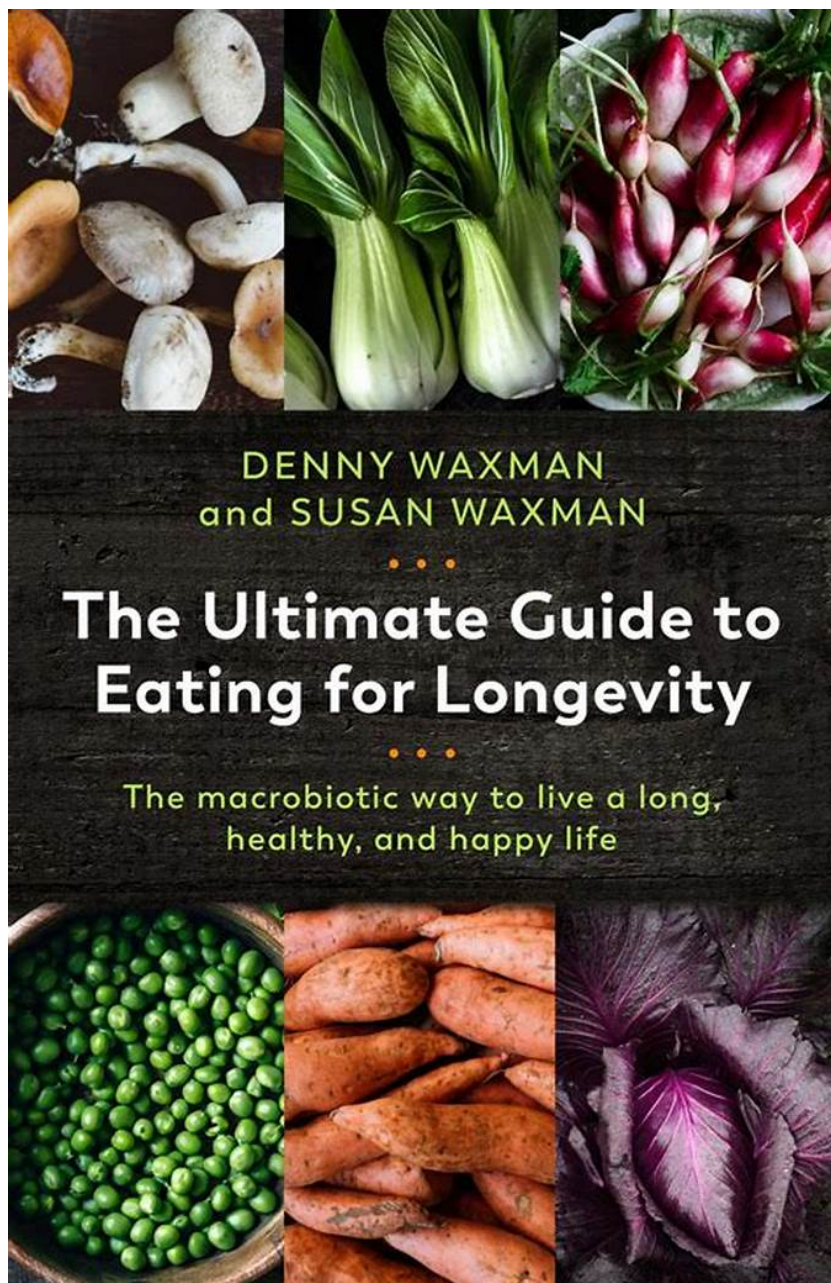
Why Read *Dancer Wellness*?

Dancer Wellness is the most comprehensive guide to health and longevity for dancers on the market. It's written by an expert in the field, and it's packed with practical advice that can help you stay healthy and injury-free throughout your dance career.

If you're a dancer, *Dancer Wellness* is a must-have resource. It's the key to unlocking your full potential and achieving your dance goals.

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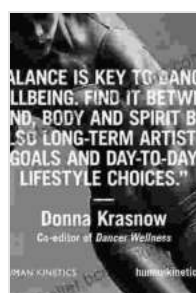
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DENNY WAXMAN
and SUSAN WAXMAN

The Ultimate Guide to Eating for Longevity

The macrobiotic way to live a long,
healthy, and happy life



Dancer Wellness by Donna Krasnow

★★★★☆ 4.7 out of 5

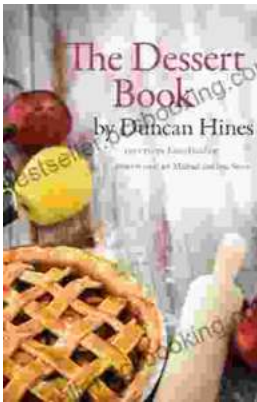
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