



THE DANCER'S BEST BODY CHECKLIST

- ✓ Learn the basics of healthy eating. Incorporate lots of greens and plant foods in each and every day. Less: sugar, processed foods and nutrient empty snacks.
- ✓ Create a practice in self - love. Don't allow stress to weigh you down mentally - this leads you to carry excess weight physically!
- ✓ Prioritize meal planning and preparation and don't track calories. Make sure you're getting enough healthy fats and proteins as well as carbs primarily from vegetables and plant foods (rice, oats, lentils).
- ✓ Find the eating plan that works for YOU. This will likely be a different plan than what is effective for any other dancer you know. Allow yourself to adjust your plan based on special occasions or circumstances.
- ✓ Cultivate confidence so that you can easily move past body comments or negative feedback. Seek support from someone who understands. Don't eat your emotions.
- ✓ Use smart, targeted cross - training to sculpt your body as you work towards your personal ideal dancing weight. This is the weight where you're at your strongest and dancing your very best.
- ✓ Provide balance for yourself by allowing occasional indulgences and avoiding a mindset of restriction. Need help putting these ideas into action? Join the next round of The Dancer's Best Body Program!



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