



50 TIPS



To get back in dancing shape...

A balanced cheatsheet to help you regain body confidence, cultivate self-love and create an easy going relationship with food.

THEWHOLEDANCER.COM

FOOD TIPS



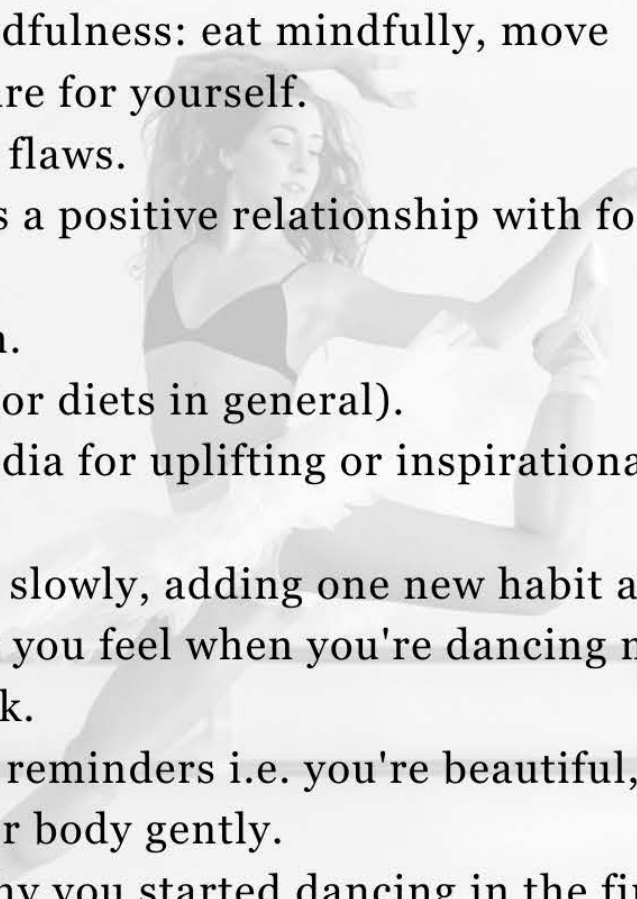
1. Create a database of quick recipes.
2. Don't under-fuel.
3. Meal prep: spend a couple of hours each week prepping balanced snacks and meal options.
4. Drink more water.
5. Watch your caffeine intake-it impacts hormones and causes energy fluctuations.
6. Prioritize protein.
7. Include healthy fats.
8. Don't forget the complex carbs.
9. Don't go more than 5 hours without eating (you may need to eat every 3-4 hours).
10. Pack lots of snacks.
11. Remember: all foods can fit.
12. Incorporate lots of whole foods.
13. Include packaged foods with ingredients that work for you.
14. Address your gut-add in fermented foods (kimchi, miso, sauerkraut) to aide digestion.
15. Pay attention to which foods increase your energy and which deplete it.
16. Eat breakfast.
17. Work with a dancer focused health, nutrition and lifestyle coach (thewholedancer.com/about).

CROSS TRAINING TIPS



18. Cross train but don't go overboard.
19. Find complimentary movement you enjoy.
20. Mix it up!
21. Focus on strengthening your "weaknesses" (let's call them areas of opportunity).
22. Grab a friend for accountability.
23. Do something enjoyable while you exercise-watch Netflix, chat with a friend, etc.
24. Add weights to your cross training routine.
25. Don't go cardio crazy.
26. Remember: cross training is not punishment.
27. Add intensity as needed.
28. Work with a dancer focused personal trainer.

POSITIVE BODY IMAGE TIPS

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29. Go easy on yourself-mental and physical transformation take time!
 30. Focus on mindfulness: eat mindfully, move mindfully, and care for yourself.
 31. Reframe your flaws.
 32. Work towards a positive relationship with food and your body.
 33. No restriction.
 34. No fad diets (or diets in general).
 35. Use social media for uplifting or inspirational content only.
 36. Adjust things slowly, adding one new habit at a time.
 37. Focus on how you feel when you're dancing more than how you look.
 38. Set positivity reminders i.e. you're beautiful, walk in nature, move your body gently.
 39. Remember why you started dancing in the first place.
 40. Set mini goals so you'll easily see progress and stay motivated.

SELF CARE TIPS



41. Get more sleep.
42. Create a morning and nighttime routine.
43. Stay aware of hormonal fluctuations-they'll impact hunger, bloating, weight, energy and digestion.
44. Incorporate dry brushing for lymphatic drainage.
45. Try a hot towel scrub for circulation.
46. Dress in a way that makes you feel good when you're dancing and in normal life.
47. Make time for a skincare routine.
48. Invest in natural skincare and body products.
49. Stretch your body.
50. Feel your feelings.

Dear Dancer,

This cheatsheet was created to help you discover what balance means to you and to cultivate self-love. Greater self-love leads to more confidence, increased fulfillment, and enhanced joy in dance and life.

Need more support? Reach out!

xo, Jess

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