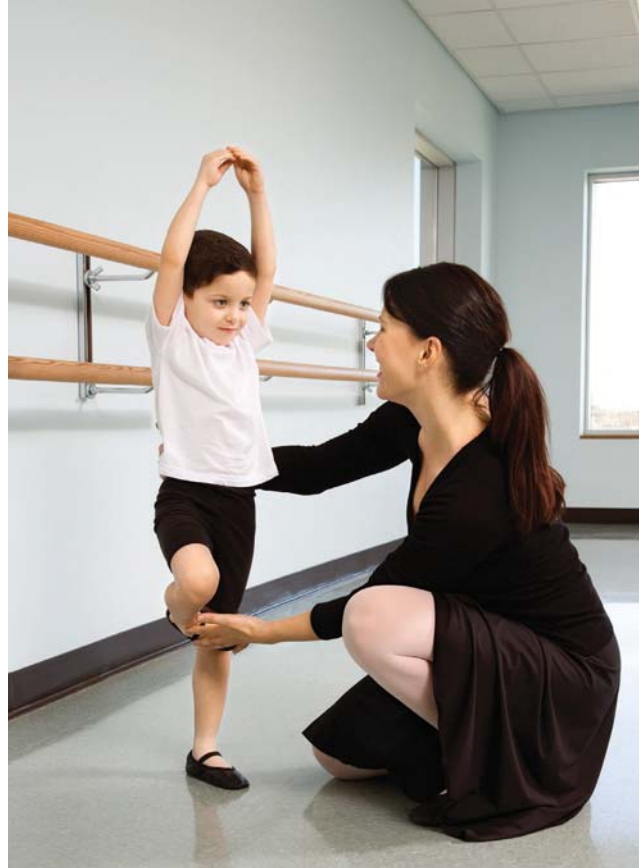


# Tips for the Healthy Dancer

Five basic conditioning principles for growing dancers.

Angelina trains under the guidance of her teacher, Miss Mimi. Your little dancer may follow these basic principles under the guidance of a teacher, parent, or guardian.



# 1

## Always Warm Up!

A warm up eases the body into exercise by gradually increasing heart rate and circulation. It prepares the systems of the body slowly rather than taxing them suddenly.

# 2

## Progress Slowly

Dancers require six to eight weeks of conditioning and classes to get into top physical condition. Students should progress slowly when returning from vacation or injury.

# 3

## Watch Out For Fatigue

A tired dancer is more prone to injury. A long rehearsal day or a day filled with classes may be too much for a dancer who is not used to the intensity those schedules require.

# 4

## Cool Down

Gradually diminishing the intensity of work allows the body to slow down all of its systems, including circulation. A good way to cool down is to actively stretch the body.

# 5

## Recondition

It only takes one to two weeks to lose some of your fitness. This does not mean a dancer should never take time off; it simply means that activities have to be ramped up appropriately when returning to dance training. There must be a reconditioning period.