

Conditioning and Basic Nutrition for the Dancer

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Basic Conditioning – Maintenance

Cardio: 30-45 min, 5 days week, gradual progression (walk -> walk/jog -> jog)

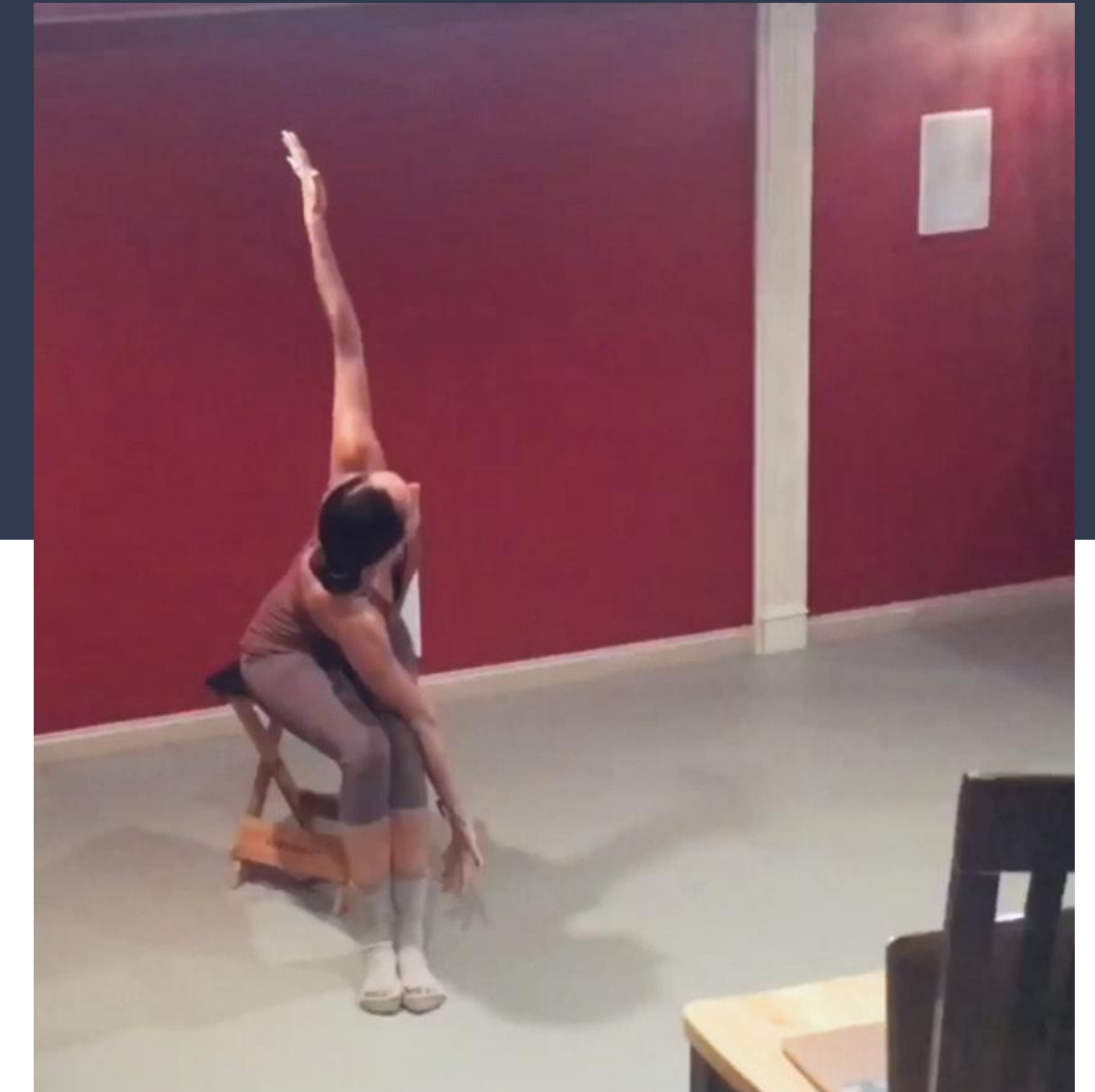
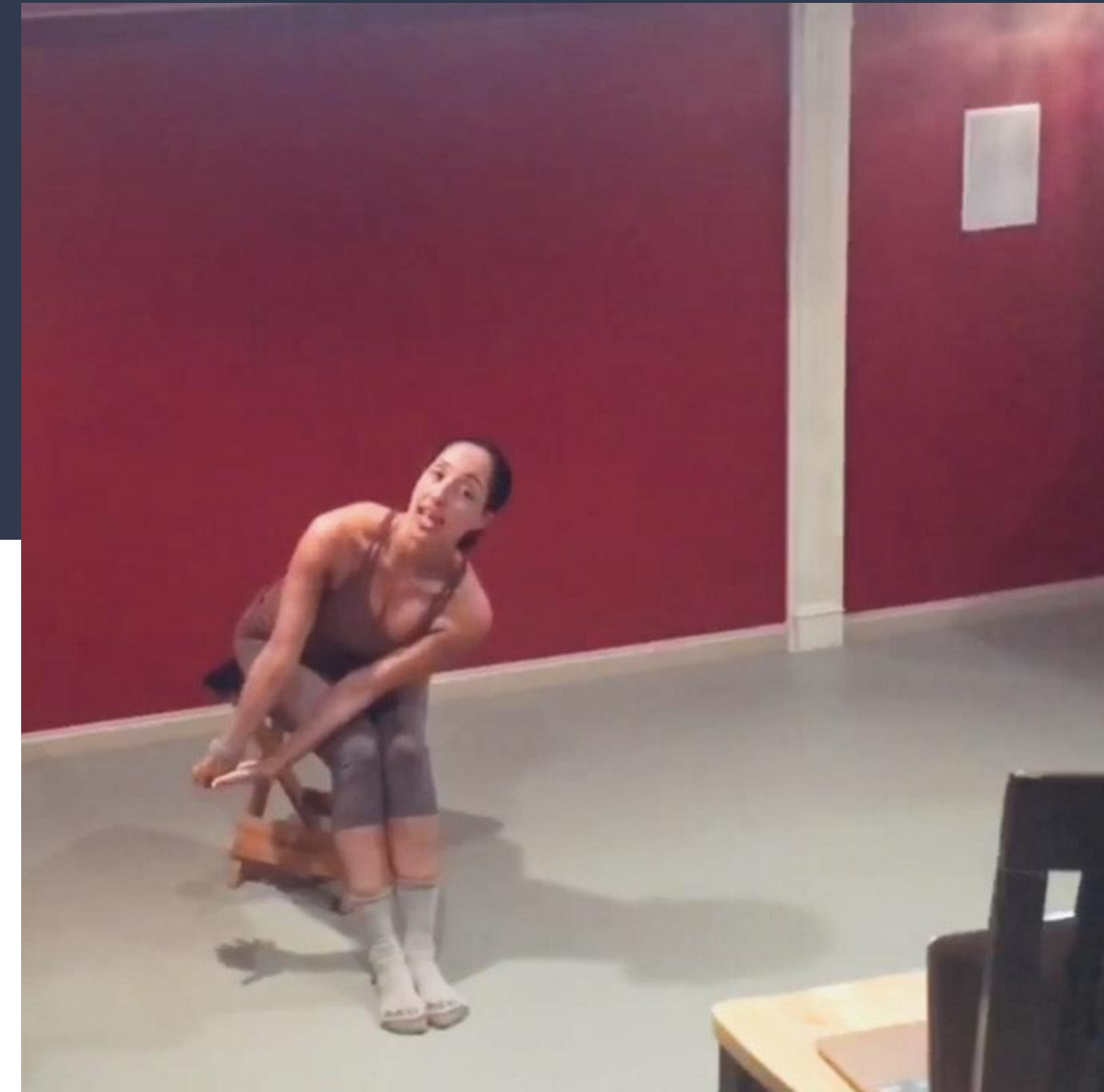
Strength: each body part 2x week

Upper body (chest and tricep-
push/press; back and bicep - pull)

Lower body (hamstrings bridges, quads
lunges and squats, calves elevates)

Body-Mind movement:

interoception, proprioception - breath, core
(Pilates, Gyrokinesis, Yoga) 2-3 days a week



Individualized: Work on weaknesses or chronic injuries 3-5 days/week

this could be rest - tendonitis

Previous PT (next slide)

Dance class: 3-5x week, Try different techniques and teachers

Basic Conditioning – Maintenance



“It is optimal during the off time that a dancer maintains approximately 2-3 hours a day of movement.”

*When it is time to return take 12 weeks ramp up and get back to professional levels.

Resources:

<https://www.danceusa.org/dancerhealth>

[IADMS.org](https://www.iadms.org)

Rehab

- Look above and below injury for lack of mobility, look near injury for instability
- Safety for Conditioning at home
- Balancing on uneven surfaces (Bosu, wobble board) and core stability
- Work on mobilizing hips safely, and strengthen through out the range.

Eleve - Australia Ballet

in unpublished research has shown that
35 eleves in the off season
24 single leg eleves during the season
reduced calf strain and lower leg issues by 70%.

Resources:

IADMS

Performance Plus Physical Therapy: www.3ptdc.com

Elements Center: FrontDesk@elementscenter.com
justine@elementscenter.com



Nutrition

– Healthy eating habits

10 fruits and veggies per day

reduced risk of [heart disease](#), stroke, cardiovascular dx, cancer, premature death.

Prepare healthy snacks and meals in advance. Regular small meals of nutrient dense food.

8 glasses of water daily (app water tracker)

Eat slower (20 min to feel full) without distraction

deep breathing (4 counts in/ 4 counts out),
put down fork.



Nutrition

– Avoid unhealthy habits

- **Avoid fad diets** lead to disordered eating
- **Stress:** effects hunger/satiety cues, chronic stress changes glucose levels (diabetes), cortisol -> weight gain. Try mediation, deep breathing, spiritual practice, a daily “ritual”
- **Avoid rigid ideas**, good and bad foods (orthorexia)
 - Food choices vs food rules
- **Start small, try adding a healthy daily habit for 2 weeks.** Then add another one.
- **Find a friend** for accountability and community

Nutrition for Dancers

– Energy Needs

1,600 calories a day for children, women and older adults;

2,200 a day for older children, teen girls, active women and most men and

2,800 a day for adolescent boys and active men. (U.S. Dietary Guidelines)

New Day -> your body needs energy to move and think



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Nutrition for Dancers

– Macronutrients



Carbohydrates (whole grains, fruits)

Ingest carbohydrates before, during, and after a class or performance. At least one hour before any activity begins a dancer should consume a quick energy carbohydrate to start glucose fueling.

55-60% of diet should be carbohydrates.

Fats (avocado, olive oil, nuts, coconut oil)

Healthy fats are needed for the absorption of fat-soluble vitamins, fuel/energy, Hormone and gene regulation, brain function, flavor and fullness.

It is estimated that people need 1.2 grams of fat/kg of body weight.

Protein (chicken, fish, turkey, beans, tofu)

With constant use of muscles during competition and practices, protein is needed for building and repairing used muscle tissue.

The estimated need for protein is 1.4 to 1.6 grams of protein/kg of body weight.

Nutrition for Dancers

– Recovery Snacks

Combining all Macros and Hydrate:

Protein: 10-20g

Carbohydrates: 20-40g

Fat: 10-15g

Hydration: 16-24oz

Here are some sample ideas:

- 1/3 cup of nuts + celery + banana
- 5-10g Protein Bar + Serving of Fruit, cucumber slices + 16oz Milk (or almond milk fortified with D)
- Greek Yogurt Cup + 1/4 cup granola + 16oz Coconut Water with berries
- Smoothie: 1 cup frozen strawberries, 1 serving Whey Protein Powder, 1/2 cup frozen spinach, 12-16oz of Almond Milk & 1 full banana



Nutrition for Dancers

–Micronutrients

Vitamins and Minerals - High frequencies of vitamin E (52%), Mg (38%), Fe (57%) and vitamin D (77%) inadequacies as well as suboptimal intakes of choline (95 %) and K (99%) were observed.

- B vitamins and Vitamin C (water-soluble vitamins) and Vitamins A, D, K, and E, (fat soluble vitamins)
- The B vitamins are used in the body to make energy from carbohydrates, fats, and proteins. These vitamins are also part of making red blood cells.
- Vitamins A, C, and E play a role in cleaning up damaged muscles that are overstressed and overused.

Calcium is a mineral used for bone growth. The most important years of bone development are the first 30 years of life --- which just happens to be the prime years for dancing. Low bone density will result in increased chances of bone stress fractures.

Zinc - immune system

Iron is also a highly important nutrient for dancers, since iron is what our bodies use to carry oxygen to the blood. Of course, oxygen is what we use to help our bodies produce energy.

<https://www.verywellfit.com> - US Dietary Guidelines

Micronutrient and Nutrient Dense Ideas

(eat real food)

How do you get Vitamin C, Vitamin E (micro and macro) for recovery...

- Vitamin C Rich Food: 1 cup Frozen Strawberries, 1 cup blueberries, 1 tomato and kiwi
- Vitamin E Rich Food: ¼ Avocado, 1/4 cup almonds, 2 tbs Olive oil and vinegar dressing

Nutrient Dense foods:

- Dark leafy greens
- Large potato
- Salmon
- Garlic
- Healthy fats:
 - olive oil, almonds, avocados



[luxurylifestylemag.com](https://www.healthline.com/nutrition/11-most-nutrient-dense-foods-on-the-planet#8)

Resources for Nutrition

Become a nutritionist (under representation)

- Food insecurity: getting enough to eat in terms of calories but the quality, variety and desirability of food is lacking. Inexpensive fast food vs high nutrient dense food.
- Prenatal care - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4071127/>

For dancers: Opal Food and Body, Emily Cook Harrison MS, RD, LD

Dance/USA Task Force on Dancer Health. Jeffrey Lucchino, MS RDN CSSD

Dancer nutrition

https://cdn.ymaws.com/www.iadms.org/resource/resmgr/resource_papers/dance-nutrition-2016.pdf

<https://dancernutrition.com/wp-content/uploads/2016/06/Book-Energy-Balance.pdf>

Sample daily/weekly conditioning schedule

7:00 am - parasympathetic activity (rest, reset)

- meditation, prayer, deep breathing, gentle stretching, gratitude, journaling
- Snack - piece of fruit handful of nuts, check your body (“fasted exercise”)

8:00 - 8:45 am - cardio (walk, run, hike, bike) M-F

- Find a friend to stay accountable, GirlTrek.org

9:00 -10:00 am - morning routine include Breakfast (protein, carb, fat, - Veggies)

10:00 -11:30 am - take class M-F

11:30 - 12:00 pm - your specific training (foam roller, theraband, rehab) M-F

12:00 -2:00 pm cook and eat slow lunch, rest and digest

2:00 -3:00 pm - pilates, Gyrotonic/Gyrokinesis, yoga (2-3 days/week) Tu, Th, Sat

2:00 -3:00 pm - strength training (planks 30 sec, push ups 10 reps 2-3 sets, squats or single leg bridges parallel) M, W, F

3:00 - 3:30 pm - jumps, pointe (wear shoes around house), additional techniques (specific training) Tu,Th

***One full day per week to rest and restore**

3:30 - 5:00 pm - snack and fun activity, socialize safely (“take a break” list), nature

Evening - Dinner and Unwind - gentle stretching, foam roller, bath

Take a daily break from it all



1. Browse mindfulness and meditation resources
2. Work on personal development through journaling
3. Browse new healthy recipes
4. Plan your meals
5. Watch a film, documentary or performance
6. Do the 7 Day Happiness Challenge from Action for Happiness
7. Play on a trivia game app
8. Learn some basic yoga poses
9. Learn calligraphy or hand-lettering
- 10.. Learn how to play a musical instrument
11. Read a biography about someone who inspires you
12. Do some mindful coloring - check out our free mindful colouring sheets
13. Rediscover old music you or your parents liked when you were a teenager
14. Watch a live stream performance
15. Make a list of things to save up for
16. Have a relaxing bath or foot soak
17. Do a free online course on any topic
18. Start a blog
19. Reorganize or redecorate your living space
20. Do a puzzle
21. Find a new podcast to listen to
22. Declutter
23. Update your resume
24. Make a list of books you want to read this year
25. A craft or DIY project
26. Search Facebook for local groups with volunteering opportunities
27. Arrange to catch up with someone over video chat
28. Explore new music
29. Brainstorm ways to save more money
30. Make a life experiences bucket list
31. Get a 30 day free trial of Audible and listen to an audiobook
32. play games with friends online
33. Start learning a new language
34. Plan some thoughtful birthday gifts
35. Research activities for your elderly relatives
36. Write a poem or short story
37. Make a cookbook of your favorite recipes
38. Make a list of things you're looking forward to when the pandemic is over
39. Become a volunteer listener (or chat to one) on 7Cups.com
40. Watch TED Talks
41. Use the Netflix Party extension to watch Netflix with your friends online
42. Do a home improvement project
43. Do some gardening
44. Make a list of topics you're curious about and research them online
45. Do a spring clean
46. Search Pinterest for family bonding ideas
47. Learn knitting, cross-stitch or embroidery
48. Watch a live opera stream from The Metropolitan Opera
49. Do some baking

Friendly reminders

Take time to Dance for Joy

- Remember why you started (before the perfectionism)
- Make a list of your strengths (silence the inner critic)
- Remember other parts of yourself beyond dance

Eat Slow, Live Slow

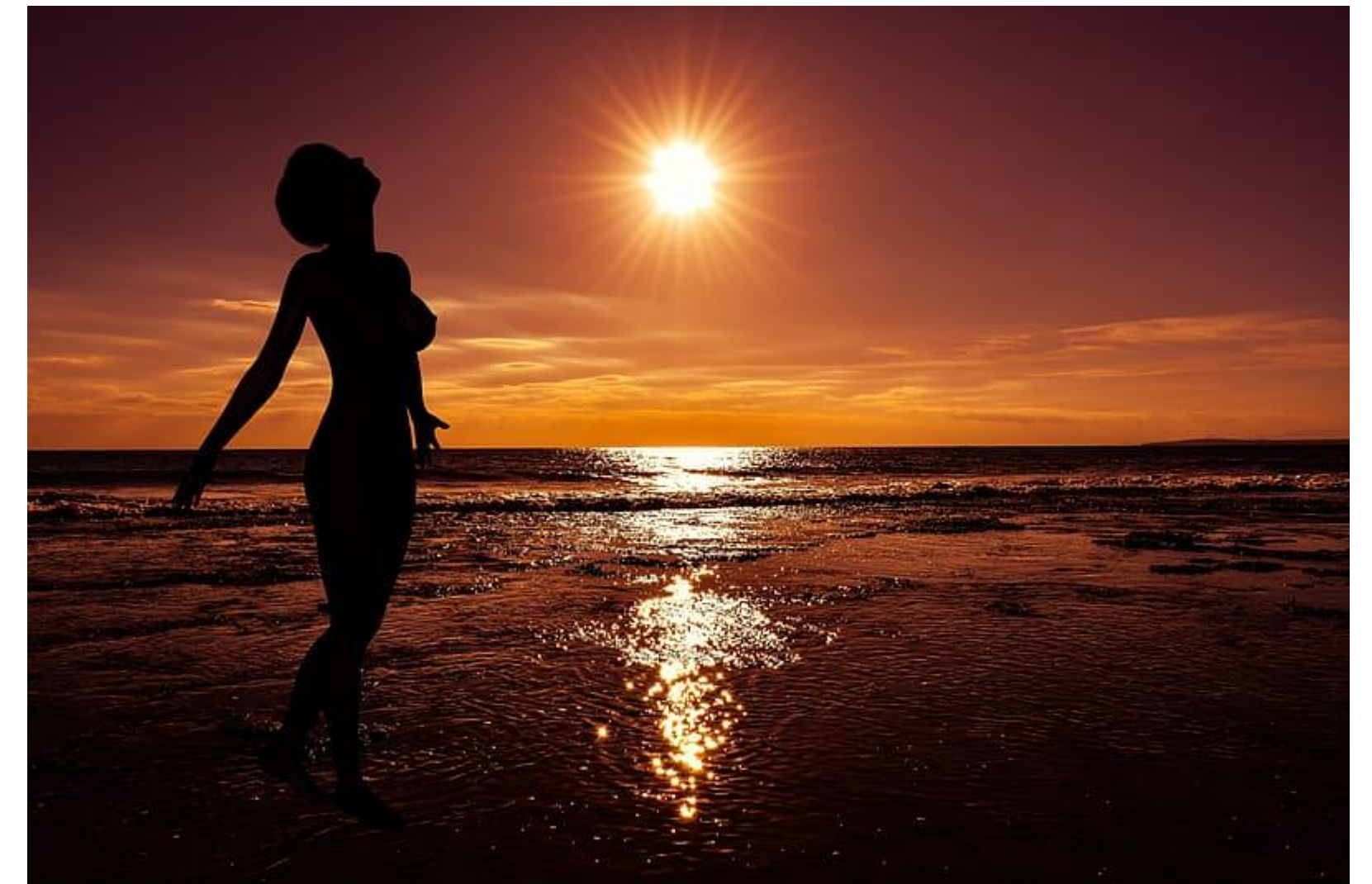
- Get off the hamster wheel

Feel the feels

- sadness, anger, change in our bodies and routine, life has changed and yet we are resilient

“The future of dance depends on diversity” Kathryn Morgan of Miami City Ballet

- Body positivity, Race, Gender, Thought/ideas etc (the world needs you!)



Gift



Free online class

www.elementscenter.com

at check out enter promo code

KEEPMOVING

(good through september)

Email

FrontDesk@elementscenter.com

Justine@elementscenter.com