

# HEALTHY HABITS GUIDE

## HOW TO SUPPORT YOUR DANCING

### BEFORE AND AFTER CLASS

#### 1. POSITIVE MINDSET

Take a deep breath and focus on positive self-talk. Find a quiet spot and visualize yourself dancing your best. Come into class with confidence in yourself and your abilities.



#### 2. NUTRITION

Dancing long days means your body requires energy. Food is fuel! Meals concentrating on protein will help your body maintain energy throughout the day.



#### 3. HYDRATION

Staying hydrated also helps keep energy levels up and muscle cramps away! Always bring a water bottle to the studio and refill frequently between classes.



#### 4. COME PREPARED

Keep your dance bag stocked with everything you need for a day at the studio including hair ties, snacks, and extra tights and leotards. Check that you have all your shoes before leaving the house.



#### 5. WARM-UP

Warming up before class is essential for injury prevention and will prepare your body to do more! If you need guidance, check out our warm-up guide.



#### 6. FOCUS

Dance class is fun, but remember it is a learning environment. Respect yourself, your classmates, and your teacher by paying attention and keeping talking to a minimum.



#### 7. REMEMBER CORRECTIONS

Corrections are your teacher's way of helping you be your best! Keep a notebook of corrections and review them before class so you remember what to work on.



#### 8. STRETCH

Stretching after a long day of dance will keep muscles loose and prepare your body for the next day. Focus on calves, glutes, and hamstrings, not just splits.



# WARM UP GUIDE

## PREPARE YOUR BODY BEFORE CLASS

### 1. GET MOVING

Get the blood flowing:  
Jumping Jacks  
Jogging in Place  
High Knees  
Basic Barre Exercises



### 2. FEET

Theraband point and flex  
Relevés on two feet  
Relevés on one foot  
Arch stretch



### 3. CORE

Plank holds 1 min  
Plank with knees into chest alternating 10X  
Crunches  
Pilates hundred



### 4. HIPS

Knee drop lunges  
Seated hip circles  
Squats  
Lay on back legs up first position plie



### 5. BACK

Cat and Cow 5X  
Standing roll downs through spine  
Backbends  
Seated spine twists  
Back ups



### 6. ARMS

Shoulder rolls  
Arm circles with hands flexed  
Wrist circles/hand stretch  
Port de bras first position to second 10x



### 7. STRETCH

Butterfly  
Forward Fold  
Pigeon  
Pretzel

\*Save splits and other big stretches for class\*



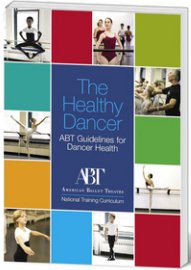
### 8. GET READY!

Head rolls  
Deep breaths  
Review corrections  
Find positive mindset

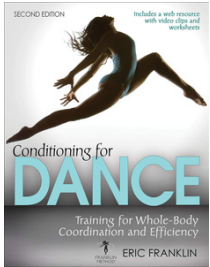


# HEALTHY HABITS AND WARM UP GUIDE

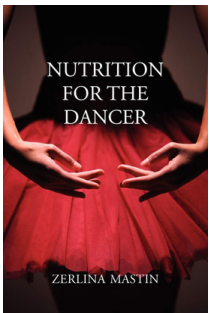
## Additional Resources



“The Healthy Dancer” ABT Guidelines for Dancer Health



“Conditioning for Dance” by Eric Franklin

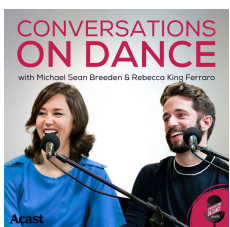


“Nutrition for the Dancer” By Zerlina Mastin



Dance Magazine

<https://www.dancemagazine.com/>



Conversations on Dance Podcast

<https://www.conversationsondancepod.com/>