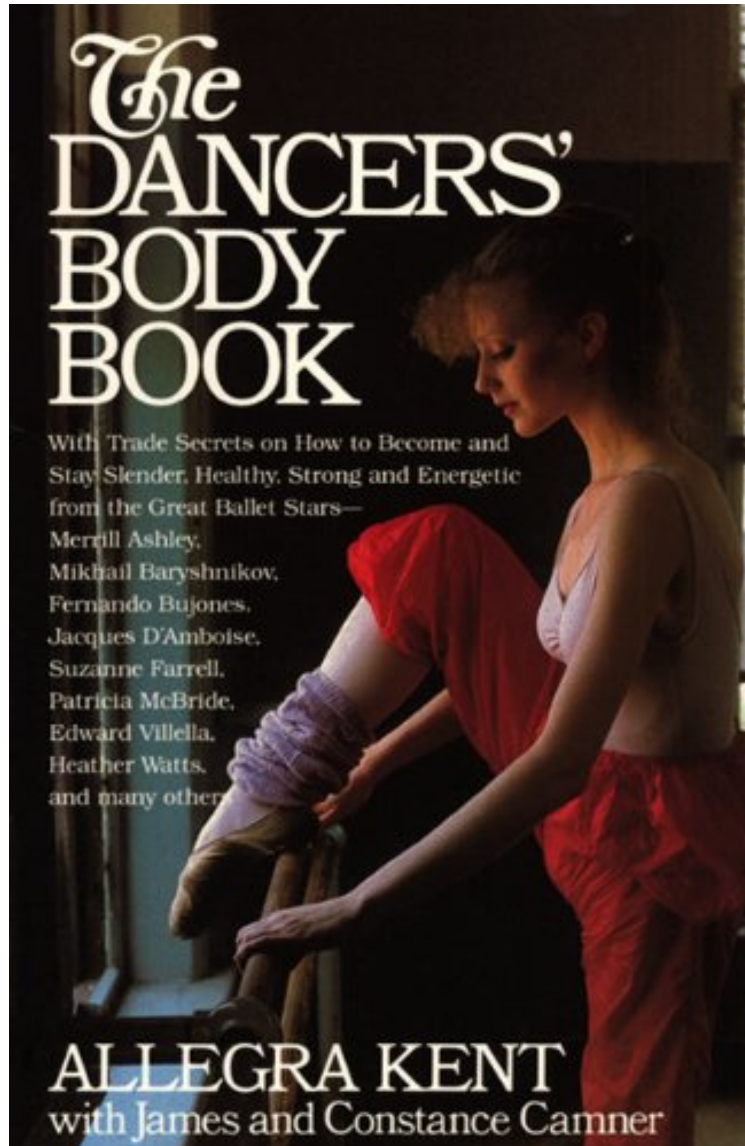


Dancers' Body Book

Allegra Kent

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Allegra Kent : Dancers' Body Book before purchasing it in order to gage whether or not it would be worth my time, and all praised Dancers' Body Book:

1 of 1 people found the following review helpful. Maintaining Grace and BeautyBy Debbie Ramsey-HanksThe most interesting thing about the author is the company she keeps. There are conversations with famous dancers one being Baryshnikov. Who she calls Misha. But more importantly there I is sound advice for maintaining your health. I am not a novice when it comes to ballet nor was I ever a prima ballerina . I only took 10 years of lessons as an adult. But I do know that it can add artistry to anyone's life. Before my husband died he built me a ballet Barre and my ballet

discipline helped me to survive and thrive.2 of 2 people found the following review helpful. I'm becoming a ballet fanatic!By PianistThe more I get into ballet the more I love it. This book has good information for a dancer who wants to get their body into shape for better dancing. It's honest about how extreme some dancers get, but it always encourages a healthy balance and moderation as the way to succeed. I've been applying the principles and have been feeling better and have had more energy to go dance!1 of 1 people found the following review helpful. goodBy kierra ladon williamsDidn't really have what I was looking for but it was insightful. So cool yeah good stuff!! It helps a little

Ballet dancers have the strongest, most beautiful, probably the most envied bodies in the world. How do they stay slender and willowy while maintaining the extraordinary energy it takes to perform night after night? Can a nondancer or an amateur attain a dancer's figure and a dancer's vitality? And keep it?Here, in *The Dancers' Body Book*, the legendary ballerina Allegra Kent discloses the health, weight-watching, and relaxation secrets of some of the world's greatest ballet dancers -- from Suzanne Farrell and Fernando Bujones to Darci Kistler and Madame Alexandra Danilova. Combining them with two well-balanced diets -- one to lose weight by and one to live by -- and an exercise regimen that can be tailored to the individual, she provides a fabulous fitness program for everyone who longs to be slimmer, healthier, and more energetic.Fourteen varied menus incorporate delicious recipes from the dancers themselves (such as Jacques D'Amboise's Wonderful Dinner Salad and Dierdre Carberry's Almond Meringue Kisses), along with calorie guides and advice on how to create additional menus using your own favorite dishes. Helpful discussions on sports and exercise systems -- ranging from jogging and swimming to the sophisticated "Pilates" workout -- are also included, and in a special chapter entitled "A Healthy Outlook," the dancers talk candidly on such issues as smoking, anorexia, vitamins, doctors, massage, junk foods, fad diets, and injuries.Dancers take meticulous care of all their equipment because training and performance depend on it. Of course, the most essential piece of equipment, the body, needs the most care of all, and that is what this book is about: how to take care of the world's greatest machine.Allegra Kent joined the New York City Ballet at the age of fifteen and was a principal dancer with the company for thirty years, during which time she created a number of starring roles in ballets by Balanchine and Robbins. The mother of two daughters and a son, she is also the author of Allegra Kent's *Water Beauty Book*.