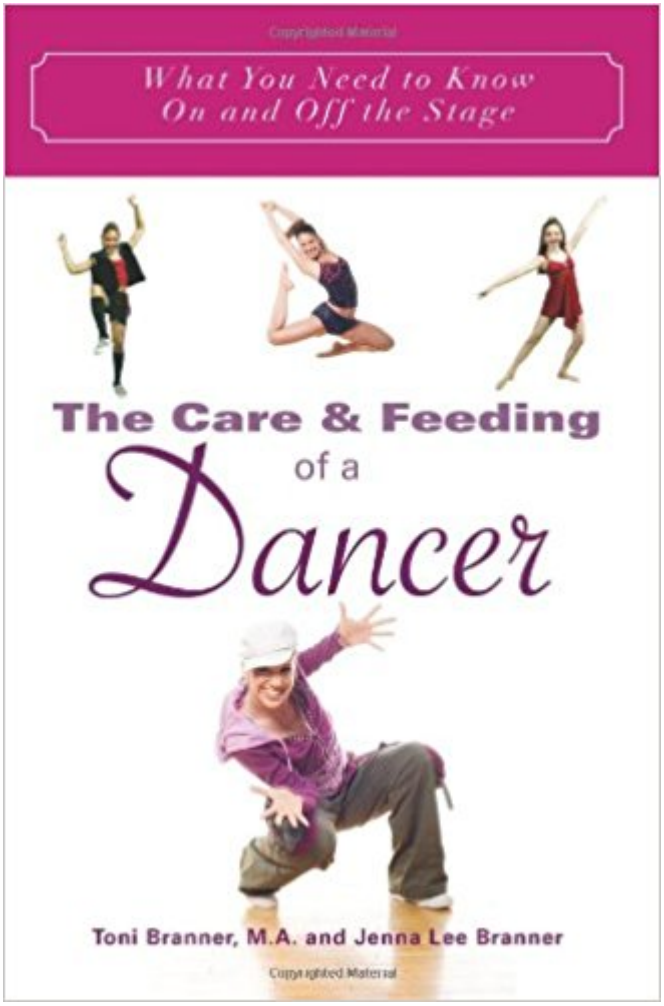
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The Care And Feeding Of A Dancer: What You Need To Know On And Off The Stage



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Synopsis

Do you love to dance and want to move to the next level? Becoming a top dancer takes hard work, practice, commitment and dedication. But of course, you already know all that. But, did you also know that the decisions you re making about your mental and physical well-being right now can directly impact your future health and success as a performer? The Care and Feeding of a Dancer is your guide to a successful and healthy future in the competitive world of dance. Becoming a successful dancer means being physically and mentally prepared to survive and thrive. From effective warm-up and stretching to proper diet and healthy sleep patterns, The Care and Feeding of a Dancer is a must-read to help you reach your peak performance. Learn how whole food nutrition can prevent free radical damage to your body from strenuous dance workouts. The Care and Feeding of a Dancer includes: Inspirational quotes from choreographers, pros and students and teachers State-of-the-art training, injury prevention and stretching techniques Mental exercises to overcome anxiety or stage fright Injury treatment Smart nutrition for at home, in the studio, on the road, or at a restaurant. Time management strategies for home, school and practice Whether you train in ballet, contemporary, hip-hop, jazz, lyrical or tap, The Care and Feeding of a Dancer is a must-have guide to take you to the next level.

Book Information

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Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

Grade 6Ã¢â ¬â œ10Ã¢â ¬â •General information on training, nutrition, injury prevention, and sports psychology, accompanied by inspirational quotes from famous and anonymous sources. The author repeatedly backs up statements with such phrases as "studies have shown" or "the research is very clear," without citing the studies to which she is referring. She does hold the claims of manufacturers of nutritional supplements to a much higher standard of scientific rigor, and appears to view these groups with a certain amount of suspicion. She suggests that readers look into whether or not a supplement they are considering has been tested in a double-blind study, with a placebo group, and if the study was published in a peer-reviewed scientific journal. For teens disinclined to engage in research requiring the talents of a trained investigative journalist, she has a ready alternative: Juice Plus+Ã Â® (never mentioned without its registered trademark symbol). Juice Plus+Ã Â®, readers are told, "provides the nutritional foundation we so desperately need and that is so lacking in our diets today." Juice Plus+Ã Â® is available in "capsules, chewables, and gummies." It is "the perfect answer for those of us who try hard in our busy lives but don’t always get the recommended 9 to 13 fruits and veggies in our systems every day." Readers are directed to the back of the book for ordering information. Fare better suited for a Sunday-morning infomercial than library shelves.Ã¢â ¬â •Richard Luzer, Fair Haven Union High School Library, VT Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Toni Branner is director of Fitness Concepts, a professional speaking and consulting firm in Charlotte, NC, that provides seminars for professionals and the lay public on topics such as anti-aging, children s wellness, motivation for lifestyle change, whole food nutrition, stress management and safe exercise. Toni received her Master s Degree in Exercise Physiology from the University of North Carolina at Chapel Hill where she also served as director of the UNC Employee Health and Fitness Center and as a faculty member in the Department of Physical Education, Exercise and Sports Science. She is the proud mother of Jenna and Will, and the wife of Bill, who is a physician.

A dancer would not go on stage unprepared. Nor should they neglect to read valuable resources in their field (and/or hobby) that help them to prepare for dance in their life as a whole.Ms. Branner’s The Care and Feeding of a Dancer: What You Need to Know On and Off Stage (Blue Water Press, Copyright 2007) is one such gem of a resource that no dancer should go without. It is as essential to a dancer’s regimen as attending technique classes on a regular basis, or remembering one’s shoes or proper attire in their dance bag.The specific areas of expertise explored in this book-- from

exercise to nutrition advice to stress management to how to survive and thrive as a dance family-- are discussed in further detail below.First, however, the reader can be confidant that the advice in this book comes from a highly qualified author with direct experience in the field of dance. Ms. Branner’s expertise in writing this book comes from at least three areas: One, her own academic and experiential credentials. Her Master’s degree, from the University of North Carolina at Chapel Hill, is in Exercise Physiology. In addition to two other books in the "Care and Feeding of" series (The Care and Feeding of an Athlete and The Care and Feeding of a Soccer Player) she has also authored a book on regular exercise that is in use by military personnel on Naval aircraft carriers (The Safe Exercise Handbook, 5th Edition). She is the director of Fitness Concepts and the Fitness Director for Mecklenburg Aquatic Club (Charlotte, North Carolina). She is also involved in the nutrition business and education in health, exercise and nutrition.Additionally, Ms. Branner writes as someone with direct, hands-on experience in the field of dance, and a lot of it. She was former dancer herself, and is still currently active in the dance arena via her daughter, Jenna Branner. Ms. Branner’s inclusion of some of her daughter’s advice-- Jenna Branner co-authors some of the material-- adds a third dimension of credibility to The Care and Feeding of a Dancer. Jenna Branner was the senior captain of UCLA’s dance squad, and a serious competition dancer with a long list of awards in her own right. She also volunteered with physically handicapped students at the Allegro Dance Foundation and has worked with Michelle Assaf’s World Dance Movement intensive program. So the reader knows the advice offered in this book is first-hand.The Care and Feeding of a Dancer covers the entire depth of the dance experience, but is an "easy read" resource that makes it truly enjoyable. It is packed with organized information that can be referenced quickly, but simultaneously feels like reading a short novel. I couldn’t put it down.The chapters cover the physical, emotional, mental and also financial aspects of a dancer’s life. Ms. Branner discusses and clarifies common myths related to exercise and injury prevention. She has chapters on time and stress management, how to pick a studio, and how to survive as a dance family-- including dealing with the financial aspects.It is Ms. Branner’s nutritonal advice, however, that is potentially life-transforming and may even save a life-- for dancers especially, but even for non-dancers: in an activity that is at once a performing art and an athletic endeavor with extremely high demands, Ms. Branner’s nutritional approach stresses HEALTH instead of trying to attain one set ideal. She addresses eating disorders and distorted body image, as well as the "everyday" stressors of dance. Her chapters on nutrition are based on sound, current medical research. As discussed, she herself is also superbly qualified as a resource in the areas of nutrition and exercise.Additionally, in terms of nutrition and exercise advice, Ms. Branner offers just the right amount of explanation and detail--

scientific and medical but explained in a way that the lay reader can understand and usefully apply. She discusses food groups, nutrients, and the crucial component of oxidative stress, and offers practical advice for getting key nutrients into one’s diet.It is information that could save one’s life and certainly improve their career.Ms. Branner’s book is also replete with relevant quotes from those in the field, another aspect of the book that makes it so interesting to read.Last but not least, the organization of the book is set up so that one can actually remember the information and access it quickly as needed. There are also organized appendices for follow-up reading and resources.I would recommend that dance teachers in university and high school programs assign this book. I treasure this book so much that I frequently give it as a gift to friends and colleagues in the field.

Cute book for a middle school aged dancer....not one with 20 years under her belt. Very cute and excellent info for one just starting out!!!

This book covers a wide range of concerns--from how to avoid injury to what to eat. It is one of the few nutrition books for dancers that encourages a sensible approach to eating that will not result in eating disorders.

Very Helpful and I would like all my dancing nieces to read it as well! Thanks sincerely for all of the information!

Toni Tickel Branner has three books out on the "Care & Feeding of ...". While there are differences in this book (the quotes and some non-soccer advice) a lot of the language is exactly the same for this book on dance. My first review was of her book for the soccer player. So, I don’t think you need all three. Just pick the one that is most focused on what it is you do. Just as she has adapted her text, I have only slightly altered my review.We all know that exercising our bodies is good for us. We also know that real life is full of competition and there is winning and losing in all that we do. Dance is obviously very physical, and has the benefit of being an outlet for artistic expression. As the author notes, "you learn to push yourself to your fullest potential, learn to take criticism as well as compliments. You feel pain, you experience success, you deal with defeat, and you gain irreplaceable friendships with other dancers."The author takes a responsible approach to fitness, nutrition, and dancing to enhance your child’s life, not consume it. Besides her own experience as an exercise physiologist, she has a board of medical and exercise experts who, I assume, looked over this material.She also realizes that dance has a progression to it has different skill

requirements according to age or grade level. Her advice for learning skills, and warming up take all this in mind. I particularly like her discussion of common injury types and what you can do to prevent them. She also discusses the mental and emotional aspects of dance, including handling stress. Her food advice is quite good; if a bit too vegetarian for my tastes, but nothing here will be anything but good for you. She also deals with body image and distorted eating, which is especially important in dance where being lean and even light is so important.The author also guides you through getting the most from soccer camp, how to be a happy and supportive family for your dancer. She also has a chapter on life lessons that can be learned from dance and art.Good stuff.Reviewed by Craig Matteson, Ann Arbor, MI

This book speaks largely about the use of the Juice Plus supplements, which is the company the author is the president of yet does not disclose in the book. If you Google her that information comes up readily but IMO it speaks of a sneaky tactic to sell product.Much of the book is filled with very biased information, especially in regards to quality meat and dairy proteins, making claims that meat and dairy cause diseases (did you know dairy can CAUSE osteoporosis), and not offering the sources to back up these claims.She rails against processed foods yet touts Tofu as an acceptable source of protein, on par with meat/dairy. Ignoring that most readily available tofu is made with GMO soybeans (often of the Monsanto varieties).There is some good common sense advice about nutrition but its lost in the ads for her supplements and the non-cited nutritional claims.Maybe she isn't aware of the available nutrients in high quality meat and dairy (organic & pasture fed) that far exceed any nutrients you can get from a vegetarian diet. I'll give her the benefit of the doubt on that one.However, read other books and compare dietary information before taking this approach on as the true way. Your body will thank you for it.

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