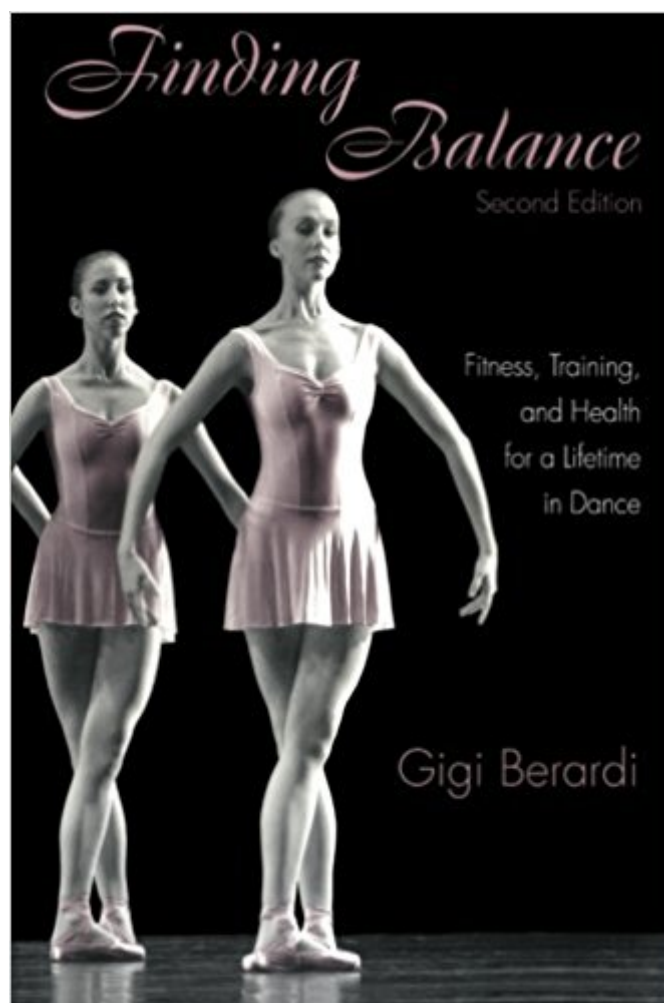


The book was found

# Finding Balance: Fitness, Training, And Health For A Lifetime In Dance



## Synopsis

Finding Balance: Fitness, Health, and Training for a Lifetime in Dance gives an overview of issues faced by all performing dancers: injury and treatment; technique and training; fitness; nutrition and diet; and career management. The text includes both easy-to-read overviews of each topic and "profiles" of well known dancers and how they have coped with these issues. The new edition includes: Updated and new profiles. Expanded injury and injury treatment information. Updated dance science and physiology findings, and new references. Updated diet guidelines, Expanded and updated "Taking Control" section. It concludes with a list of selected dance/arts medicine clinics, a bibliography, glossary, and text notes.

## Book Information

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## Customer Reviews

"Berardi's invaluable work will enable dancers to make wise decisions about caring for themselves."-Francia Russell, Artistic Director, Pacific/Northwest Ballet "Finding Balance is a book that can be read by all from the novice to advanced dancer, the administrator, choreographer, and the teacher. The information is valuable and essential and written in a style that is interesting and informative."-Journal of Dance Medicine and Science, 2004 "Gigi Berardi shares her passion for the arts and what it takes to follow a dream."Need Experts? Check Out American Society of Journalists and Authors March Tip Sheet-"Yearbook of Experts (R) News Release Wire, 03/04/2005

Gigi Berardi is book review editor for the Journal of Dance Medicine and Science, a regular columnist for Dance International and a correspondent for Dance Magazine; her articles have

appeared both in daily newspapers and specialized dance research journals. A Fulbright scholar with a masters in dance from the University of California, Los Angeles, Berardi currently teaches at Western Washington University.

This book is great. There are chapters on dance fitness that I haven't seen anywhere else. And it's easy to read, for a technical manual. A wonderful source of facts for the dancer who wants to stay healthy.

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Finding Balance: Fitness, Training, and Health for a Lifetime in Dance  
Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3)  
Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Trends in Hip-Hop Dance (Dance and Fitness Trends) (Dance & Fitness Trends) African Dance Trends (Dance and Fitness Trends) (Dance & Fitness Trends) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training  
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