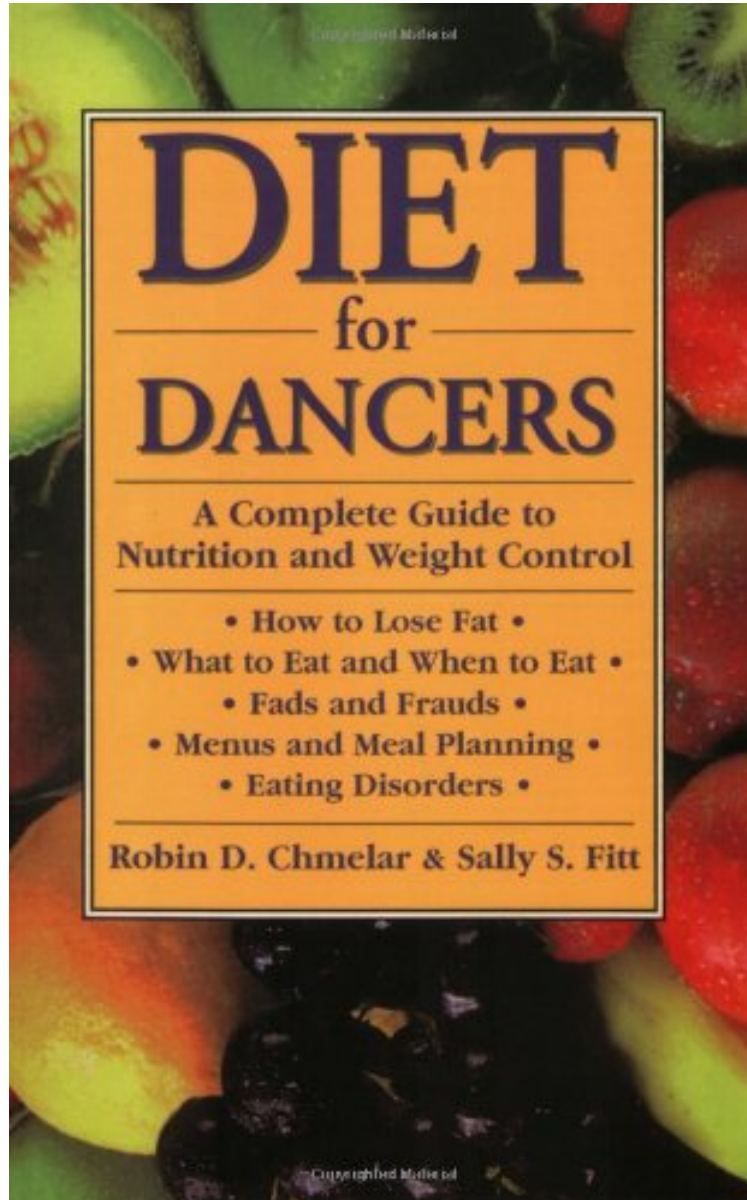


# Diet for Dancers: A Complete Guide to Nutrition and Weight Control

*Robin D. Chmelar, Sally S. Fitt*

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**Robin D. Chmelar, Sally S. Fitt : Diet for Dancers: A Complete Guide to Nutrition and Weight Control** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Diet for Dancers: A Complete Guide to Nutrition and Weight Control:

0 of 0 people found the following review helpful. great for any dancer or dance momBy C. SquireMy daughter is now a dance teacher. When she was young and dancing 24/7, I bought this book for her to learn how to fuel her body properly for the workout she was getting. No anorexia under my watch! When she went to college, I gave the book to one of her younger dance teammates. She had me order this for one of her students; she was worried that she was too thin, and didn't have the strength to hone her craft. It was well received.69 of 70 people found the following review helpful. Sound Advice.... Really!!By Amy PI bought this book wondering what I would find. Too many of the reviews here would like to make this book out to be a guide to starving oneself thin. The book is very complex, offering the physiology of how food breaks down in the body, how starvation and very low calorie consumption adversely effects the body, and how to calculate proper caloric intake based on weight and activity level. The recommended diet is the Exchange Program, that would be the American Diabetic Assoc. diet. The very same one physicians instruct persons with type 2 diabetes to use. This diet ensures that you eat a variety of foods (starches, meat, veggies, fruits, milk/dairy, and fat) and do not have to directly count calories. This is not a quick weight-loss plan, in fact the book testifies to the fact that this is a slow process. I couldn't find anything in this book that recommended unhealthy practices to lose weight.Bottom Line:This diet WILL work and is not encouraging dangerous behavior in dancers or everyday folks!5 of 5 people found the following review helpful. LOVE this book... a must-have for serious dancers!By Elizabeth McKeeThis book provides useful, real information on how to lose or maintain weight for dancers, and various strategies to use in any diet. The authors mainly focus on the American Diabetic Exchange program, which, it turns out, is a great way to keep track of what you're eating, and they also provide the optimum number of each type of exchange for many different calorie intakes. Overall, this book is great. No complaints, except if they could make a more updated version (the back has frozen meals and their exchange values, and some companies don't exist anymore, so updating that type of info would be very helpful) that would be amazing!

The first diet book based on research with dancers, this guide provides information about proper dietary procedures that will enable people to reach and/or maintain their optimal body weight for dancing. Areas discussed include weight control, individual differences in metabolism, and body composition.

About the AuthorRobin D. Chmelar has contributed to the journal Medical Problems of Performing Artists. Sally Sevey Fitt is the author of Dance Kinesiology.