

Download Diet For Dancers A Complete Guide To Nutrition And Weight Control

Diet for Dancers: A Complete Guide to Nutrition and Weight Control [Robin D. Chmelar, Sally S. Fitt] on Amazon.com. *FREE* shipping on qualifying offers. 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. Diet for Dancers: A Complete Guide to Nutrition and Weight Control. 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. x, 164 pages : 23 cm To be thin and healthy is a necessity for dancers and for athletes such as gymnasts and skaters. Others may want to achieve the lean and lithe look of a dancer. How to attain and maintain the ideal slender body is the purpose of Diet for Dancers: A Complete Guide to Nutrition and Weight Control, the first diet book based on research with dancers. Find helpful customer reviews and review ratings for Diet for Dancers: A Complete Guide to Nutrition and Weight Control at Amazon.com. Read honest and unbiased product reviews from our users.