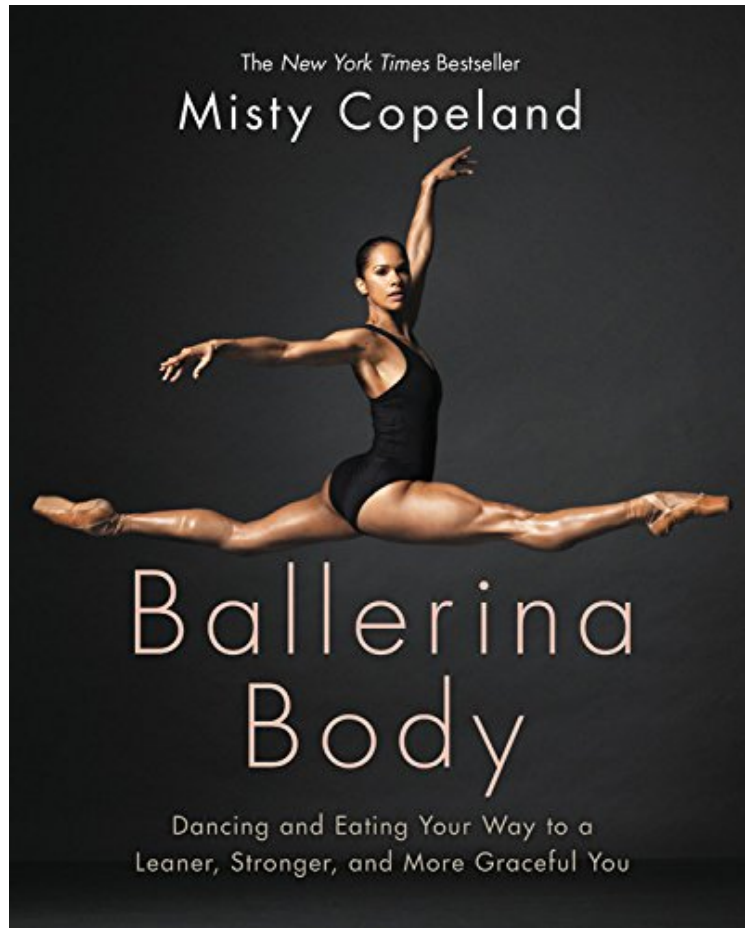


[Free] Ballerina Body: Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You

## **Ballerina Body: Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You**

*Misty Copeland*

*\*Download PDF | ePub | DOC | audiobook | ebooks*



DOWNLOAD



READ ONLINE

#8512 in Books GRAND CENTRAL LIFE STYLE 2017-03-21 2017-03-21 Original language: English PDF #1 7.75 x 1.00 x 9.50l, #File Name: 1455596302240 pages GRAND CENTRAL LIFE STYLE | File size: 17.Mb

**Misty Copeland : Ballerina Body: Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Ballerina Body: Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You:

114 of 115 people found the following review helpful. Decent Wholistic Approach, Needs More Pictures By Andy  
Misty Copeland has an inspirational story arc. She has persevered through a number of setbacks and difficulties, and a background that was not considered ideal, to become a principal dancer in a prestigious ballet company. I bought this book because 1) I respect her story, and 2) I do a lot of playing around with my cardio because I get bored easily, so I've begun experimenting lately with dance cardio. For me when it comes to fitness, primarily, I am a strength trainer, and I have a background in healthcare...those things shape my opinion of this book. I really love that she talks a lot about the importance of loving the body you have, and accepting that it may not be able to look like or do the same

things as somebody else, and yet deserves your love and care. I think she is spot on, hit it dead on the nail when she says the best way to have lasting changes to your lifestyle and to your fitness/health is to make gradual changes bit by bit that become part of your habits. Fast changes made too much too soon usually crash and burn, and yet I think because of the speed we've become accustomed to getting certain things in this society, people seem to expect that with diet and exercise. I had to loose some weight a few years ago as part of a health crisis of sorts, and it never fails to surprise me how many people ask me what I did and then loose interest when I say dietary changes and exercise. The truth is, if you loose more then 2 pounds a week, you're putting your liver under stress. You loose 4 pounds or more a week, you're actually damaging and killing liver cells. I have that straight from my GI Dr, who wanted to make good and sure I was clear on that since I was already being treated for medication induced liver damage. I was told it wasn't safe or recommended for a person with a healthy liver, but for me, it was even more important to go slow. So she's right...go slow. So those extreme weight loss shows that tend to be so popular are actually really doing the participants involved an incredible disservice just from the organ perspective alone, don't even get me started on the too restrictive calories with long days of working out. Her nutrition portion...I didn't really have a problem with it, per se, and I do think she actually provides adequate guidance, and she's certainly right that studies have emerged within the last few years that implicate sugar as having a much higher risk for heart disease then fat. Very true. My fellow shoppers, sugar is not your friend on a whole lot of levels. I did estimate the calories on her perfect day meal (the one she considers a perfect day for herself) and it came in at about 1464 calories. So. What you have to remember here is that she's dancing and in effect exercising about 8 hours a day. So you can eat that number of calories, and not necessarily see the same results she does. Because looking lean is about your body fat composition more then anything else. And yet, I wouldn't recommend you go any lower, because you need to make sure you don't dip below your base metabolic rate, which is the number of calories you burn each day just to stay alive. Locate a BMR calculator on-line to figure out what yours is, and in order to best protect your health and metabolism, don't go below it, even if you're trying to loose weight. Where I did feel like this book is lacking is in pictures for the exercises. There aren't adequate pictures for the exercises she gives. Some of them have none, and I think, especially if you don't have a background in dance, the worded explanation on some of them may leave you confused and unsure what to do. I also feel that the number of exercises given probably aren't going to produce the same results she's got, unless you're doing a few hours worth of them. And actually, really, I'm pretty sure just doing the ones included in this book alone isn't going to provide the deltoids (shoulder muscles) she's got visible in her pictures. I also feel like promising anybody a willowy, lean dancer's body is a slippery slope. Some people's bodies don't do willowy. Mine sure as heck doesn't, not when I was in gymnastics, not when I was underweight, not when I was jogging, or trying pilates or yoga...you get the idea. I spent a number of years trying to pursue willowy, and it never happened for me. My body is built well for one thing apparently...short, bulky looking muscles, and it doesn't matter what I do, that's where I end up. Right now, I strength train pretty aggressively, because I have an amazing special needs son, and being the best mom I can be to him pretty much requires every muscle my body can come up with. This is the first time in my life I've ever been grateful for that. My point is...your genetics have a huge roll to play in whether or not your body can look the way Misty's does. So I think all of the sections in this book where she talks about focusing on overall health and vitality as your goal...those are the ones worth reading and setting your heart on. Because maybe you're blessed you can be willowy, maybe you're not. But improvements in health and fitness levels are pretty much attainable by most anyone. I did do the floor barre exercises she was recommending this morning, and I've got to tell you. I found it relaxing as heck. And several of the poses are very akin to yoga. But I don't think for me, personally, that floor barre provides what I need, but it could be a great place to start if you haven't been exercising in a while. Overall, I think this is a book that has more merits then not. I love that she strives for an overall balance in healthy living where she involves pieces on stress management, diet, finding social relationships with people you aspire to be like, fitness, and food. I think there's a lot of value here, especially for someone who's not been exercising. If you have a higher fitness level, I think, unfortunately, you're probably going to need to look elsewhere. 1 of 1 people found the following review helpful. I found Misty to be very open and candid. ...By Carla I found Misty to be very open and candid. The book is very motivating regardless of whether you practice her ballet routines or not. 0 of 0 people found the following review helpful. Thanks Misty By tthinksLove the contents of this book, can't wait to implement it into my regime.

The celebrated ballerina and role model, Misty Copeland, shares the secrets of how to reshape your body and achieve a lean, strong physique and glowing health. Misty Copeland believes "There has been a shift in recent years in which women no longer desire the bare bones of a runway model. Standards have changed: what women do want is a long, toned, powerful body with excellent posture." In other words, the body of a ballerina. In her first health and fitness book, Misty will show women how to find the motivation to get healthier and stronger, and how to reshape their bodies to be lean and flexible, with step-by-step advice, meal plans, workout routines, and words of inspiration. Celebrating the importance of healthy fats and a fitness regimen based on ballet exercises, Misty shares her own time-tested exercises and an eating plan focusing on healthy fats, both of which keep her in top shape. Tips for motivation and words of encouragement as well as tips on how to keep going even when you may want to give up. An inspiring

section on the importance of finding mentors, and eventually being one, plus excerpts from Misty's personal journal, round out this important book on grace and strength.

About the Author Misty Copeland is a Principal Dancer at American Ballet Theatre, the author of the New York Times bestselling memoir *Life in Motion*, and the award-winning Children's book, *Firebird*. She made her Broadway debut in 2015's *"On The Town"*, putting a show that had reportedly been suffering financially for months into the Broadway Box Office Top Ten for the two weeks that she guest-starred as "Ivy Smith." She's been featured in the New York Times, on 60 Minutes, and she was named one of SELF Magazine's "Best Bodies of 2014" and Time Magazine's 100 Most Influential People.