

Pas de deux –

Dance and a healthy diet: 10 tips



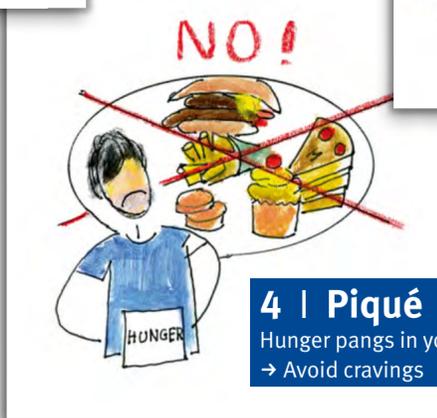
1 | Port de bras
Supporting framework of the energy supply → Plan ahead!



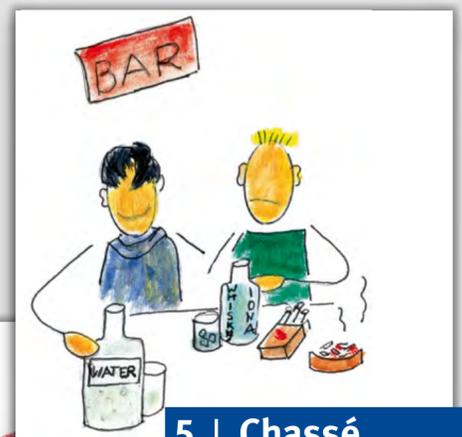
3 | Pirouette
Keep your focus
→ Turn – turn – turn:
drink, drink, drink



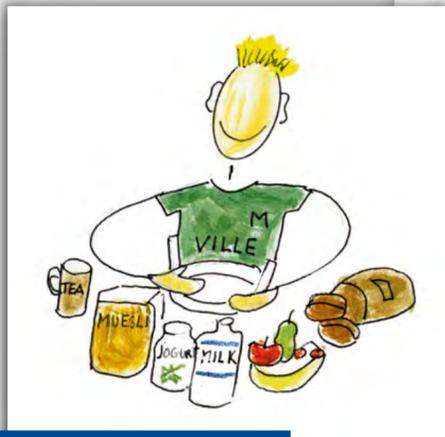
2 | Rond de jambe
Let your thoughts circulate and reflect on the energy intake of the day → Diet/nutrition diary



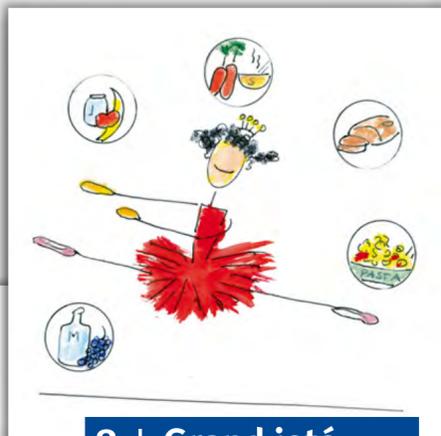
4 | Piqué
Hunger pangs in your stomach!
→ Avoid cravings



5 | Chassé
Dancers on tour!
→ Things to bear in mind in restaurants and bars



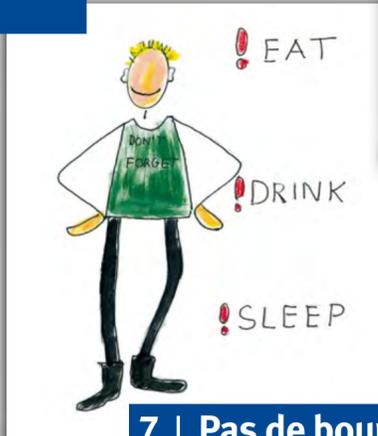
6 | Développé
Have breakfast and the day goes much better!



8 | Grand jeté
Energy for big jumps (e. g. through “nibbling” (easily digestible snacks) or the “five a day” rule, (e. g. 5 portions of fruit and vegetables daily)



10 | Grand plié
Enjoying your meals is the basis for everything.



7 | Pas de bourrée
Combination of eating, sleeping, drinking → Avoid irritating your senses



9 | Pas de chat
Don't throw good diet habits overboard in your leisure time!