

HEALTHY DANCERS



HASLAND DANCE STUDIOS

INJURIES & THEIR PREVENTION

WHAT DO YOU DO IF YOU SUSPECT YOU HAVE AN INJURY?

- 1) REST
- 2) ICE OR COLD COMPRESS
- 3) ELEVATE WHERE POSSIBLE
- 4) SEEK MEDICAL ADVICE (GP OR PHYSIO)

DURING RECOVERY:

- 1) MAINTAIN GENERAL MOBILISATION OF INJURED AREA TO AVOID MUSCLE & SOFT TISSUE STIFFNESS
- 2) REFLECT ON THE CAUSE OF THE INJURY - AVOID IT REPEATING
- 3) GENTLE WHOLE BODY CONDITIONING
- 4) MAINTAIN HEALTHY DIET & LIFESTYLE
- 5) DO NOT RETURN TOO SOON - ALLOW HEALING TO AVOID RE-OCCURRENCE

PREVENTING INJURIES:

- 1) BE FIT TO DANCE - SOME STUDENTS ARE NOT AS FIT OR HEALTHY AS THEY NEED TO BE TO DANCE
- 2) SUFFICIENT REST
- 3) WARM UP - BENEFITS = REDUCED MUSCLE SORENESS, INCREASED MUSCULAR STRENGTH, DELAYED FATIGUE, JOINT MOBILITY & FLEXIBILITY
- 4) SAFE & EFFECTIVE STRETCHING - BODY MUST BE WARM, DO NOT OVERSTRETCH (CAN CAUSE DAMAGE), STRETCH SLOWLY TO AVOID REFLEX MUSCLE CONTRACTION
- 5) IF A STRETCH IS PAINFUL - STOP
- 6) BREATHE, RELAXING INTO THE STRETCH ON THE OUT BREATH

HYDRATION

It is possible for a dancer to lose up to

2 LITRES

of fluid per hour in sweat!



Hydration is necessary for...

- Regulation of body temperature
- Optimum blood flow
- Delivery of essential nutrients throughout body
- Repair to damaged tissues
- Mental functioning



PALE AND PLENTIFUL URINE IS A GOOD SIGN THE BODY IS WELL HYDRATED

The effects of dehydration are...

- Muscle cramp
- Nausea
- Vomiting
- Weakness, fatigue
- Loss of concentration
- Confusion and headaches



THIRST OR DARK/STRONG-SMELLING URINE INDICATE DEHYDRATION



NUTRITION

HASLAND DANCE STUDIOS' GUIDE TO HEALTHY DANCERS

A varied, balanced diet is essential to maintain good health

In addition to increased food intake to provide energy for dancing, during periods of growth, dancers will naturally eat more than usual

The intake of food to provide energy = the energy available for activity & growth

Before dancing; taking into account the dancer's appetite & energy levels, food needs to include carbs, protein & a small amount of unsaturated or polyunsaturated fat.

Foods high in protein & saturated fat remain in the stomach for longer so may cause discomfort

In breaks: Carbohydrate snacks can maintain blood sugar levels & keep hunger at bay

After dancing: Within 2 hours - the body requires a higher level of protein than carbohydrates with some unsaturated or polyunsaturated fats, as this is when muscle tissue is replenished

Don't go to bed on an empty stomach

Rich & fatty foods (curries, chips, burgers) will delay the body's ability to refuel

Healthy bones - 50-60% of bone mass is developed before puberty with peak bone mass being produced by age 20.

To enhance the development of bones we need: Calcium, Vitamin D, Protein, Vitamin C, Magnesium, Phosphorous, Potassium and Vitamin K

The good news - weight bearing exercise, such as dancing, is thought to be protective of bone density!

PROTEIN:



WHOLEGRAIN BREAD

WHOLEGRAIN RICE

WHOLEGRAIN PASTA

CARBOHYDRATES:

POTATOES

MILK

(Avoid processed or refined foods)

GOOD FATS:

Unsaturated or polyunsaturated fats

OLIVES

CORN/OLIVE OIL

PEANUT/SUNFLOWER OIL

AVOCADO

NUTS

FISH HIGH IN OMEGA 3 (SALMON, MACKEREL, TUNA)

A balanced diet containing fresh fruit and vegetables, protein, carbohydrate and unsaturated/polyunsaturated fat will contain the necessary vitamins and minerals for a healthy body.