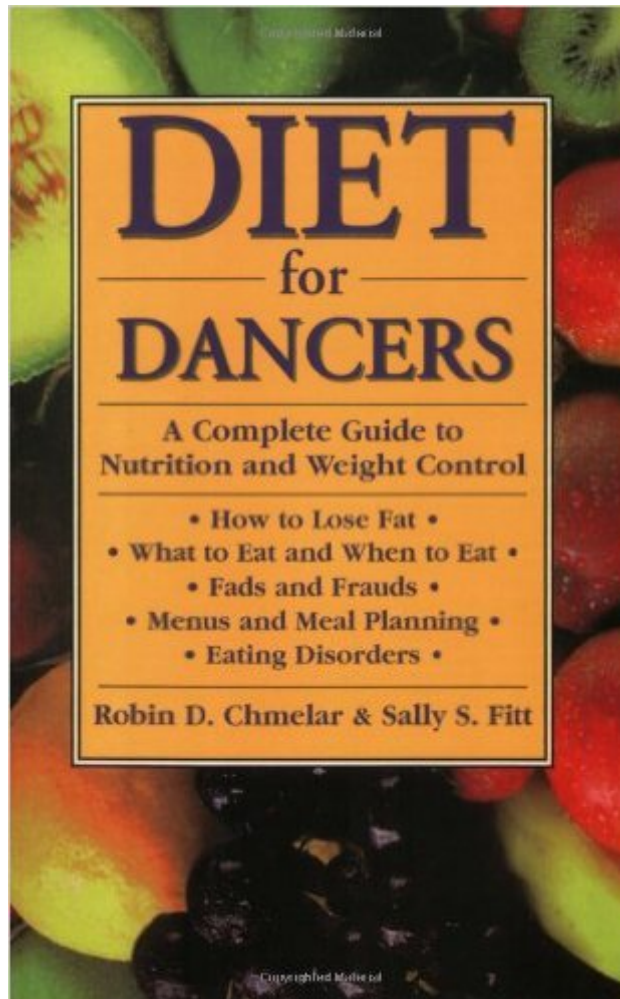


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# Diet For Dancers: A Complete Guide To Nutrition And Weight Control



## Synopsis

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.

## Book Information

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Average Customer Review: 4.1 out of 5 stars See all reviews (36 customer reviews)

Best Sellers Rank: #120,279 in Books (See Top 100 in Books) #13 in Books > Arts &

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## Customer Reviews

I found it shocking and irresponsible that in his review of Chmelar and Fitt's Diet for Dancers, Matthew McCarthy chose to take a few phrases out of context to paint a completely inaccurate portrait of what is the best book I've read on diet and nutrition for dancers. Chmelar and Fitt are not telling dancers they have to be thin; rather they are reporting the realities that face most dancers who pursue careers in theatrical performing dance and encourage dancers who do not fit the body composition standards for being a professional ballet dancer to seek a style of dance that suits their bodies. Chmelar and Fitt are the only authors I know of who have assembled actual research on the body compositions of 15 female professional and university, ballet and modern dancers and compared them to those of five kinds of female athletes. These results show that such dancers need to fit into a pretty narrow range of percent body fat and weight relative to height. For example, university female ballet dancers have a percent body fat range of 9.6% to 20.5% , an average weight of 117.7 +/- 10.4 pounds, and an average height of 65.3 +/- 2.0 inches. Similar values are given for female university modern dancers as well as professional ballet and modern dancers. These values are substantially below what is considered an average healthy weight for nondance

women. Yet the values for these same categories of male dancers are very similar to those of healthy nondance men. So it is the research that shows that female dancers have to maintain a lower than healthy average body weight; Chmelar and Fitt are simply reporting the facts. Mr. McCarthy seems to be shooting the messenger.

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