

Healthy practices and fitness principles in dance



Warm-up

Movements and/or movement phrases designed to raise the core body temperature and bring the mind into focus for the dance activities to follow.

Hydration

Replacing fluids in the body which assists with temperature regulation.



Cool-down

To bring the body back to its normal physiological level after fast, vigorous exercise or activity by gradually slowing the pace of activity or by doing gentle exercises or stretches.

Nutrition

Eating nourishing foods to support your body with energy and muscle repair.



Circulation

The continuous movement of blood throughout the body, driven by the pumping action of the heart.

Rest

Breaks from dancing to allow time for the body to recover.



Respiration

The action of breathing to bring oxygen into the body and expel carbon dioxide.

Supplementary training

Various exercises performed in addition to dance technique lessons that support the body's requirements for dance.

