



DANCE, MOVEMENT, AND NUTRITION: Fitness Minutes for a Healthier Life

Helene Andreu

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Award Finalist in the National Indie Excellence 2007 Book Awards, Health category. Award-Winning Finalist in the Health: Exercise & Fitness category of the National Best Books 2007 Awards. This book offers clear guidelines on how to acquire fitness through enjoyable dance routines, movements for all parts of the body, and through good nutrition. It includes numerous photographs, useful hints on fitness and nutrition, a glossary, bibliography, discography, and an index, to assist the reader. You'll find information on: exercising for your specific needs and lifestyle, without boredom; putting together creative dance routines by using movements that you know; getting the whole family involved in dance, movement and nutrition; using your practice time effectively to achieve greater coordination, stamina, flexibility, and cardiovascular fitness; obtaining better weight, relaxation, and alignment; avoiding common problems in executing dance and movements; preparing and eating well balanced, nutritious and colorful meals; knowing which foods to avoid; taking action to help prevent obesity, high blood pressure, heart disease and diabetes; and making a difference by doing a little bit of effort on a daily basis.

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