



# LADM

LA DANCE MAGIC

## TRE HOLLOWAY

### STUDIO X TRAIN

**NUTRITION IS CRUCIAL FOR DANCERS, PROVIDING THE ENERGY AND STRENGTH NEEDED TO PERFORM AT THEIR BEST. A BALANCED DIET WITH PLENTY OF CARBOHYDRATES, PROTEINS, AND HEALTHY FATS HELPS FUEL THEIR BODIES AND SUPPORTS RECOVERY. STAYING HYDRATED IS ALSO ESSENTIAL FOR FOCUS AND PREVENTING INJURIES. BY EATING WELL, DANCERS CAN IMPROVE THEIR PERFORMANCE AND ENJOY THEIR ART EVEN MORE.**

## **NUTRITION CHECKLIST**

- **BLUEBERRIES:** ANTIOXIDANT-RICH, GREAT FOR RECOVERY AND REDUCING INFLAMMATION.
- **PUMPKIN SEEDS:** PACKED WITH MAGNESIUM AND PROTEIN FOR ENERGY AND MUSCLE SUPPORT.
- **MANGOS:** HIGH IN VITAMINS AND NATURAL SUGARS FOR QUICK ENERGY.
- **LEAN MEAT PROTEIN SOURCE (E.G., CHICKEN OR TURKEY):** PROVIDES ESSENTIAL AMINO ACIDS FOR MUSCLE REPAIR.
- **VEGETABLE PROTEIN SOURCE (E.G., LENTILS, CHICKPEAS, OR QUINOA):** OFFERS PLANT-BASED PROTEIN AND FIBER FOR SUSTAINED ENERGY.
- **PROTEIN BARS:** CONVENIENT FOR A QUICK SNACK OR POST-DANCE RECOVERY.
- **WATER & LEMON:** HYDRATION IS KEY; LEMON ADDS FLAVOR AND VITAMIN C.
- **ELECTROLYTE DRINKS:** HELP REPLENISH MINERALS LOST THROUGH SWEAT, KEEPING YOU HYDRATED AND ENERGIZED.

## **RECOVERY TOOLS**

- **MASSAGE GUN:** HELPS RELIEVE MUSCLE TENSION AND IMPROVES BLOOD FLOW FOR FASTER RECOVERY.
- **ICE PACKS:** USEFUL FOR REDUCING SORENESS AND INFLAMMATION AFTER LONG DANCE SESSIONS.



## **TIPS FOR THE WEEKEND!**

- PLAN MEALS THAT INCLUDE A BALANCE OF THESE FOODS TO ENSURE ENERGY LEVELS STAY HIGH AND RECOVERY IS OPTIMAL.
- STAY HYDRATED THROUGHOUT THE WEEKEND, ESPECIALLY DURING AND AFTER DANCING.
- USE THE MASSAGE GUN AND ICE PACKS AS NEEDED TO MANAGE ANY SORENESS OR FATIGUE.