



Energy Balance

The secret to higher muscle mass, lower body fat percentage and reduced risk for injury

Food Choices | Meal Timing | Frequent Meals/ Snacks

Top Energy Balance Tips

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- Eat a good (big) breakfast!
- Have a 100-250 cal morning snack (always pack snacks).
- Provide some calories every 2-3 hours during your day.
- Eat smaller more frequent meals.
- Plan a 250 +/- cal afternoon snack around 3-4:00 to stave off hunger or eat a mini-dinner before evening dance classes.
- Eat after exercise even if it's late. A bowl of lentil and veggie soup with a few slices of avocado would be great!
- Avoid fast food!!
- Hydrate, hydrate, hydrate with water all day.
- Use a little bit of sports beverage for extended exercise when time limits ability to eat real food.



Don't go for too long without eating and keep portions reasonable.

Restrictive eating practices play a role in reducing muscle tissue, muscle strength, and actually can increase body fat

percentage overtime not to mention increase risk of fatigue injuries and stress fractures. Just the small act of skipping breakfast or going for 4+ hours without fuel can have measurable effects.

Ironically many dancers who don't eat enough when their body needs it, actually have a harder time maintaining a healthy strong dancing weight.



Providing enough calories from healthy foods at carefully planned intervals (every 2-3 hrs) when dancing gives the body the fuel it needs to perform its best. Adequate fuel, preferably from carbohydrate, leads to higher jumps, more endurance, and can change body composition for the better. This is why eating smaller more frequent meals not only leads to better performance, but also more muscle and less fat. We all know that working in an aesthetic art form means that we have to be judicious about what we eat, so plan meals and snacks wisely and bring them with you. Getting hungry because of not eating can potentially lead to overeating more than needed later.

Don't forget that your brain runs on fuel too! Feed quicker thinking and better memory with smart snacks