

Exercises

Ankle exercises:

- Stretch ankle to get foot up to platform, do on stairs so you can hang heels off step
- Turn foot over to stretch ankle the other way.
- Stand with hip joint relaxed and roll around keeping the ankle and hip joints loose.

Foot exercises:

- Plop and roll with one foot in front of the other. Foot in front stays almost like a board, so it plops up and down, foot in back always rolls.
- One foot in front of the other. Move foot from front to back making sure to keep it soft and flat as it comes under the body. Goes through all parts of foot on back.

Shoulders and hips exercises:

- Sit on edge of chair or on ball—keep hips still as turn shoulders, like picking something up on one side and putting it in front of you.
- Sit on chair and walk feet around to left and right without moving upper body.
- Women—standing move your hips to each corner (forward right diagonal, forward left diagonal, back right diagonal, back left diagonal) Sitting on a ball do the same thing, keeping upper body still.
- Men—sitting on a chair or ball move rib cage to each corner (forward right diagonal, forward left diagonal, back right diagonal, back left diagonal)

Women upper body stretch

- Leaning on ballet barre or on table, stretch your upper body, shoulders and arms to your left and then right, letting your head come with the stretch. If use a stick the stick should remain horizontal to the floor.

Find ways to do exercises to help dancing in everyday activities—standing in line, sitting at computer, driving or riding in a car, talking on the phone.

To help cardio-vascular just do rounds. That gets your muscle memory and cardiovascular strengthened at the same time.

Nutrition

- Eat good quality food. To perform at a high level 90% is health and only 10% fitness and training.
- Whey protein is a complete protein if undenatured, so it has tri and bi amino acids. Single amino acids are useless. Most meal replacements have protein but the integrity of the protein molecule is not there.
- No red meat for at least 2 days before the event. Chicken or fish are okay with greens. Pasta is not good. It stays in the system too long. Carb load with a good whey protein shake and greens.