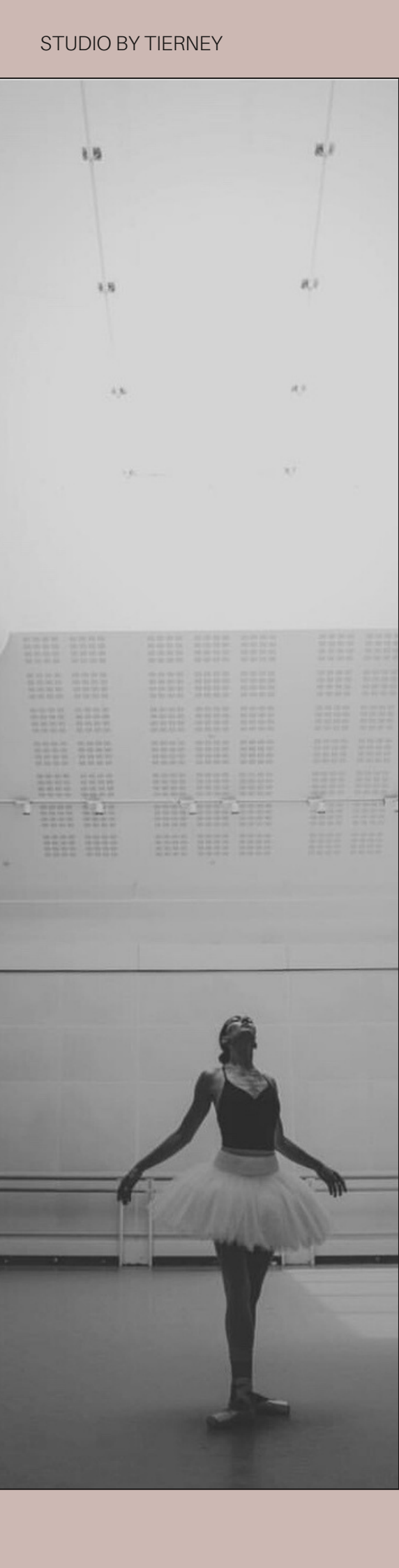


Recovery, Strength & Longevity

EATING TO REPAIR, REBUILD, AND SUSTAIN YOUR DANCE CAREER





*Your recovery habits
determine how well you
dance tomorrow.*

THE POWER OF RECOVERY

Most dancers think strength is built in class but real strength is built in recovery. Every plié, jump, or pirouette creates micro stress in your muscles. Recovery is where the body repairs those fibres, replenishes energy stores, and comes back stronger.

Without proper recovery, fatigue builds up quietly. You may not notice it at first, heavier legs, slower reactions, small aches that never quite go away, but over time, it can lead to injuries, burnout, and slower progress.

Recovery isn't the lazy part of training. It's the smart part.

When you learn to fuel your recovery, you give yourself longevity in dance, the ability to perform, adapt, and evolve for years, not months.

THE SCIENCE OF REPAIR

When you train or take class your body uses stored glycogen (carbohydrate energy) and breaks down muscle tissue. Post-training, your body needs:

- Carbohydrates to refill energy stores
- Protein to rebuild muscle fibres
- Fluids and electrolytes to replace what's lost through sweat

Together, these form the **Recovery Triangle: fuel, repair, and rehydrate.**

If any side is missing, your recovery slows down.

The Recovery Window

The first 30–60 minutes after training is your “golden window.” During this time, your muscles are most responsive to nutrients. Even if you're not hungry, aim for a small recovery snack, something quick to digest with carbs and protein.

Quick ideas:

- Smoothie with banana, oat milk, peanut butter, and good quality protein powder
- Yoghurt with granola and berries
- Wrap with chicken and avocado
- Fruit with nut butter

Think of it like stretching for your insides, recovery fuel keeps your body flexible, not just your muscles.

Include a rainbow of fruit and veg, each colour brings unique nutrients.

KEY NUTRIENTS FOR RECOVERY

1. Protein - Your Rebuild Material

After dancing, your muscles need amino acids from protein to repair. Aim to include a protein source at every meal, not just dinner.

Best sources: eggs, yoghurt, chicken, tofu, fish, beans, lentils

Tip: After class, 20-30g of protein is ideal — roughly two eggs and a yoghurt, or a small chicken wrap.

2. Carbohydrates - Energy Refill

Carbs are not the enemy; they're a dancer's fuel. They refill glycogen stores in your muscles and brain.

Best sources: oats, rice, potatoes, wholegrain pasta, quinoa, fruit.

Pair them with protein for faster recovery.

3. Fats - Hormones & Joint Health

Healthy fats reduce inflammation and protect your joints from overuse. Best sources: olive oil, salmon, avocado, chia, flaxseed, nuts.

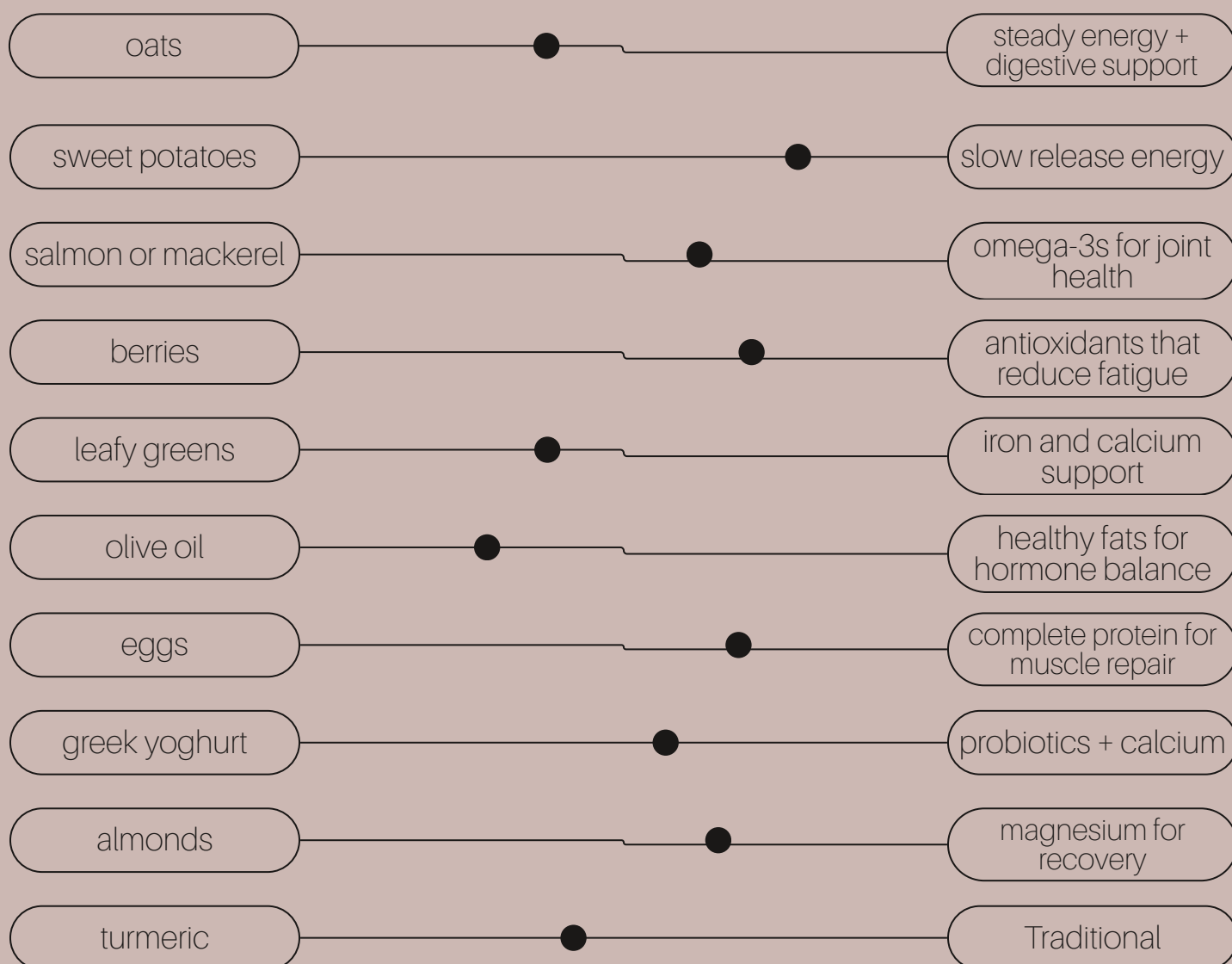
4. Micronutrients - Small but Mighty

- Calcium + Vitamin D = bone strength
- Magnesium + Potassium = muscle relaxation & reduced cramps
- Antioxidants (vitamin C & E) = faster tissue repair



Long-term strength isn't just muscle, it's bone density, hormone balance, and reduced inflammation.

ANTI-INFLAMMATORY & LONGEVITY FOODS



WHAT RECOVERY LOOKS LIKE IN REAL LIFE

After Morning Class

- Smoothie with banana, protein powder, oats, and milk
- Handful of nuts or seeds
- Refill your water bottle

After Evening Rehearsal

- Balanced dinner: grilled fish, roasted potatoes, spinach, olive oil
- Herbal tea + magnesium-rich snack like dark chocolate or yoghurt

Hydration Plan

- Drink before, during, and after class
- Use electrolytes if you're sweating heavily
- Don't wait until you're thirsty, dehydration slows recovery



DANCER'S RECOVERY CHECKLIST

- | | |
|----|--|
| 01 | Refuel within 60 minutes of finishing class |
| 02 | Include protein + carbs + hydration in your recovery |
| 03 | Prioritise 7-9 hours of sleep for true muscle repair |
| 04 | Add colourful fruit and veg daily |
| 05 | Stretch gently or take one active recovery day per week |
| 06 | Practise gratitude for your body: recovery is self-respect |

You can't dance at your best if your body is still repairing from yesterday's class.

Recovery isn't the end of your work, it's the beginning of your next achievement.

When you treat recovery as part of your training, your body rewards you with strength, and longevity.