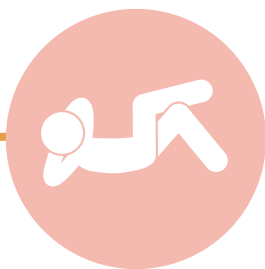


MADE *~* TO *move*

Evidence-Based Dance Health Guidelines

Created by Toronto's clinic for dancers, by dancers

Book online at www.madetomove.ca



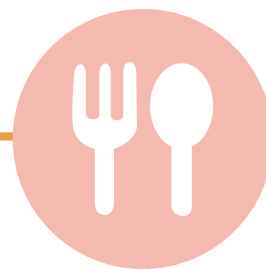
Rest

- 9-11 hrs sleep (ages 5-13)
- 8-10 hrs sleep (ages 14-17)
- All uninterrupted sleep
- Consistent bed/wake up times
- Allow repair time for training induced micro traumas



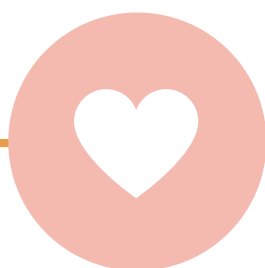
Activity

- Get 60 min moderate-vigorous activity, daily
- 3 days/week strength training (like acro or conditioning)
- Limit recreational screen time to 2 hours/day
- Structure your warm up



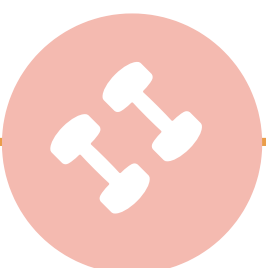
Fuel

- Eat plenty of fruits, vegetables, and foods high in protein
- Choose whole grains like brown rice or popcorn
- Make water your drink
- Enjoy your meals with others



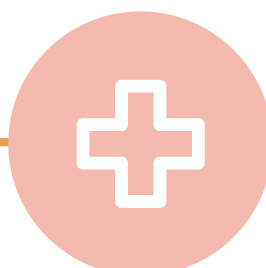
Passion

- Schedule activities that help manage stress
- Use dance to improve mood and well-being
- Engage in self-initiated injury prevention
- Seek help if you're struggling



Cross-train

- Seek out strategic and targeted exercises from a professional
- Utilize neuromuscular training (balance, proprioception, perturbation, and plyometric exercises)



Care

- Individualized exercise plans help develop coping skills in young dancers
- Licensed healthcare practitioners can foster problem-focused health decision making skills
- Get ahead of small injuries