



# A Dancer's Diet

*Ken Ludden*

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## **A Dancer's Diet** Ken Ludden

The Academy Method coursebook series is designed to educate the dance student about various aspects of the study of dance. One key element in becoming a dancer is diet and nutrition. And in fact, the information in this book is useful to anyone who wants to lose weight, maintain a dancer's body, and blend diet with exercise to be in the best shape possible. A Dancer's Diet will give you the way to have the one thing most people want - A Dancer's Body!

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