

—Dancers' Body Secrets  
**REVEALED**

BY MONICA LEVY

Have you ever seen a dancer with an amazing bod and wondered how she keeps it up? While dance is one of the best ways to stay in shape, lots of professionals supplement dance classes with workouts and healthy eating habits. We got these top-shape dancers to spill their tips and tricks!



**Liana Blackburn**  
Dancer from  
Cirque du Soleil in  
*CRISS ANGEL Believe*.

**BODY SECRET #1  
SWEAT IT OUT**

"If you're not sweating, you're not working out!" Liana says. She says cardio and strength training (she prefers small reps with light weight and Pilates) are important for dancers to supplement classes and performances.

**BODY SECRET #2  
EAT OFTEN**

"Snacking keeps my metabolism going even when I'm not dancing or exercising." Her favorites? Rice cakes with peanut butter, fruit or a homemade protein shake.



**Kristine Bergasse**  
Broadway performer  
and dancer with the  
M. Stuart Dance  
Theatre, based in NYC

**BODY SECRET #1  
TRY AN  
INTENSE CLASS**

Kristine takes weekly kung fu classes! If she can't make a trip to the gym, she jumps rope for 30 minutes for "an amazing full-body workout that also keeps my stamina up," she says.

**BODY SECRET #2  
DON'T OVERDO IT**

"Listen to your body. It's okay to take a day or more of rest, especially if I've just been through an intense physical period."



**Kelsey Hellebuyck** in "The  
Waltz of the Flowers" from  
The Nutcracker

**Kelsey Hellebuyck**  
Boston Ballet  
corps dancer

**BODY SECRET #1  
BE PREPARED**

"Always have a healthy snack in your bag, like an apple, some nuts or a granola bar. If you let your blood sugar get too low, you'll be so hungry that you'll reach for whatever is near—which might not be a healthy option."

**BODY SECRET #2  
ENJOY YOURSELF**

Kelsey prefers exciting workouts. She chooses "anything fun and upbeat, like a cardio dance workout—something that makes you break a sweat and still have a blast!"



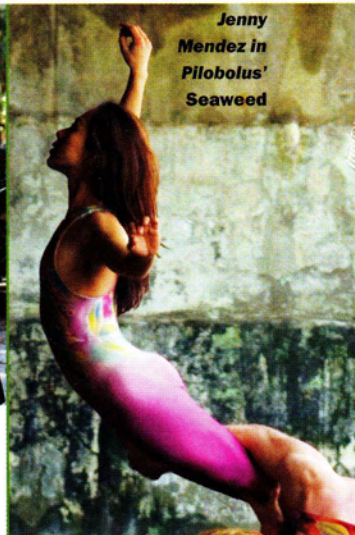
**Mandy Jiroux**  
Dancer for Miley Cyrus

**BODY SECRET #1  
EAT BREAKFAST**

"I don't skip breakfast because it's a really important part of the day. If you don't have breakfast, you might eat too much later on." Mandy's morning choices? "Fruit, almonds, veggies and eggs."

**BODY SECRET #2  
EXERCISE  
OUTDOORS**

You don't need a gym membership to work out. "I go running outside and do workouts that I've learned before. I actually use a lot of ballet technique to keep lean and fit!"



**Jenny Mendez** in  
Pilobolus'  
Seaweed

**Jenny Mendez**  
Pilobolus Dancer

**BODY SECRET #1  
DETOX BY  
SWEATING**

Jenny takes Bikram Yoga, which is practiced in a room heated to 105 degrees!

**BODY SECRET #2  
GET YOUR  
DAILY DOSE**

"Take daily vitamins and lots of protein!"

**DID YOU  
KNOW?**

Three more reasons to choose carrots over chips for a crunchy snack: 1. A carrot provides more than 200 percent of the recommended daily dose of vitamin A, which prevents "night blindness." 2. Carrots have no fat content. 3. Carrots are 90 percent water. Munch away!



(L to R)  
Fitness  
Motivators  
Debbie Lim  
and Laura  
Daniel

**ZUMBA IS THE NEW JAZZERCIZE**

"Ditch the workout, join the party!" is the slogan for the newest dance-fitness craze, Zumba (ZOOM-bah). Zumba founder Beto Perez, a Miami-based dancer/choreographer, mixed Latin flavor and aerobic intensity. The hour-long cardio dance routine tones, stretches and sculpts your body. Instructor Melissa Marcketta says an average class can burn 500 to 800 calories! Log on to zumba.com to watch videos, search for classes and even find Instructor Training Classes to add to your dance resumé. You can also check out Zumba Toning, a sculpting program using weighted sticks that sound like maracas. —Marnie Fish

**HERBAL ICE CUBES RECIPE:** Brew chamomile tea, fill an ice tray with it and freeze. Post-dance, rub the cubes around your face and neck to refresh your skin.

(L TO R) JOE LAMBIE; LEE CHERRY; GENE SCHIAVONE; COURTESY MANDY JIROUX; JOHN KANE; ANTHONY ARENA