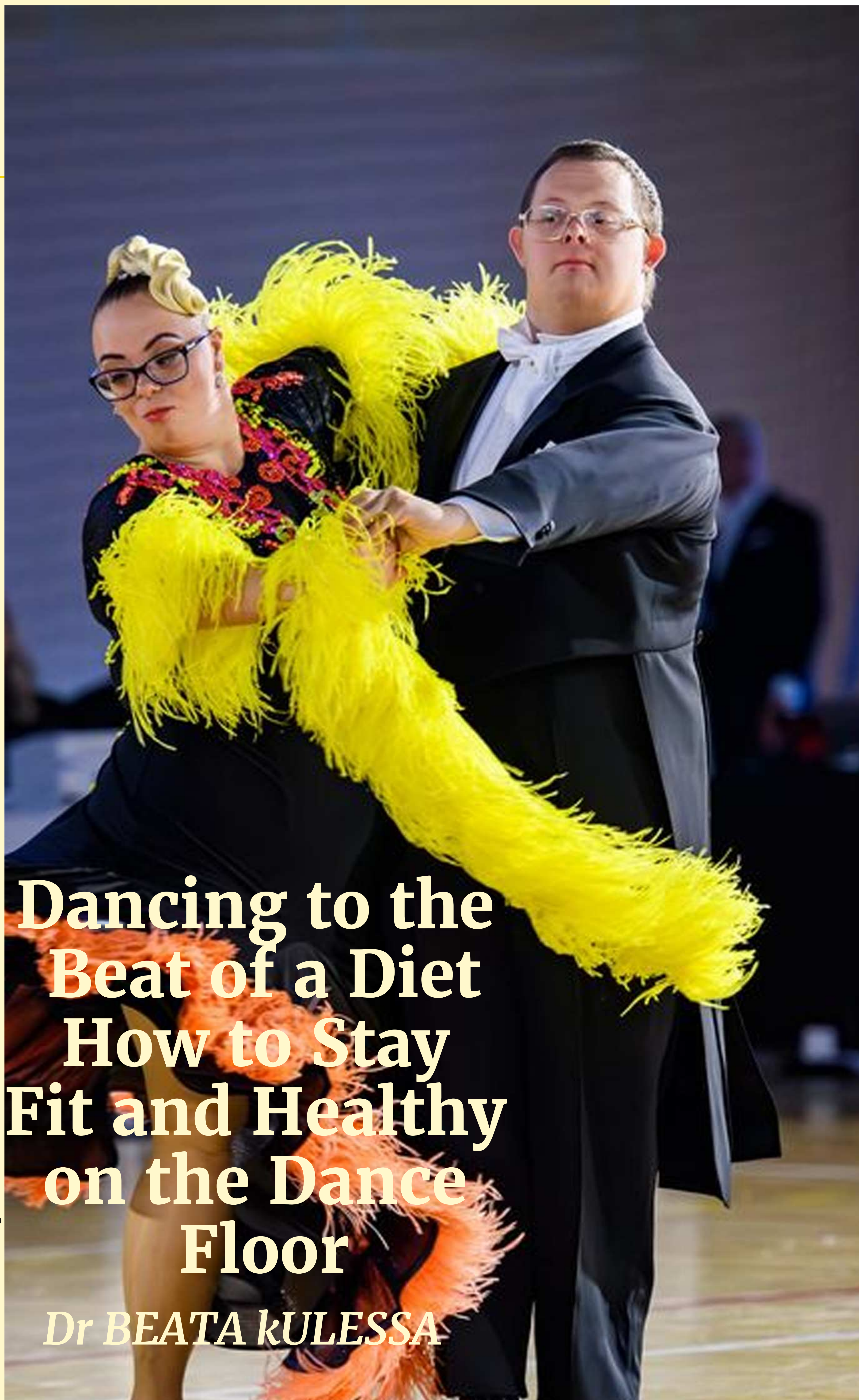


National Bestseller
Recipe Book



Dancing to the Beat of a Diet How to Stay Fit and Healthy on the Dance Floor

Dr BEATA KULESSA

Recipe Book

Distribution
Estante.pl

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How to Stay Fit and Healthy on the Dance Floor

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The author of e-books is Dr. Beata Kulessa, a healthy lifestyle enthusiast and experienced nutrition consultant, who is dedicated to promoting healthy eating and sharing her knowledge on the impact of food on our well-being. Her e-books are not just a collection of recipes, but also provide inspiring tips on taking care of yourself through the kitchen.

If you are looking for he

ies of ebooks on nutrition "Superfood" t





Table of Contents

Let's dance together

Why is diet important for dancers

Principles of healthy eating for dancers

What to eat and what to avoid?

Howto plan meals for dancers

Wha t to drink and what to avoid?

Which meals affect energy levels

Menu for a dancer

Passion in motion - salad with grilled chicken and colorful vegetables

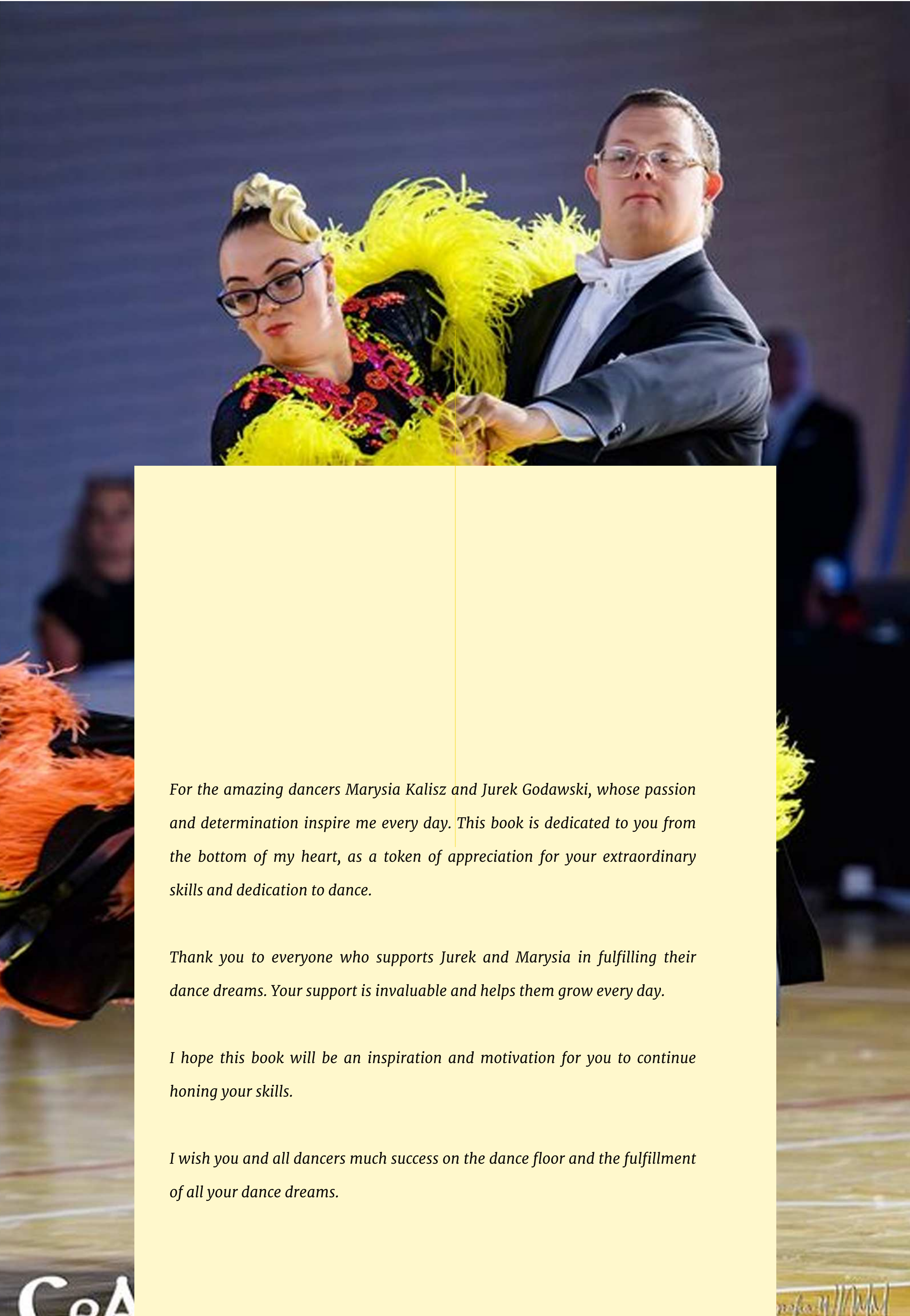
Rhythmic energy - smoothie with banana, strawberries, and nuts

Dance of flavors - salad with shrimp and mango

Kitchen melody - pasta with tomato sauce and basil

Shrimp pirouettes

Bibliography

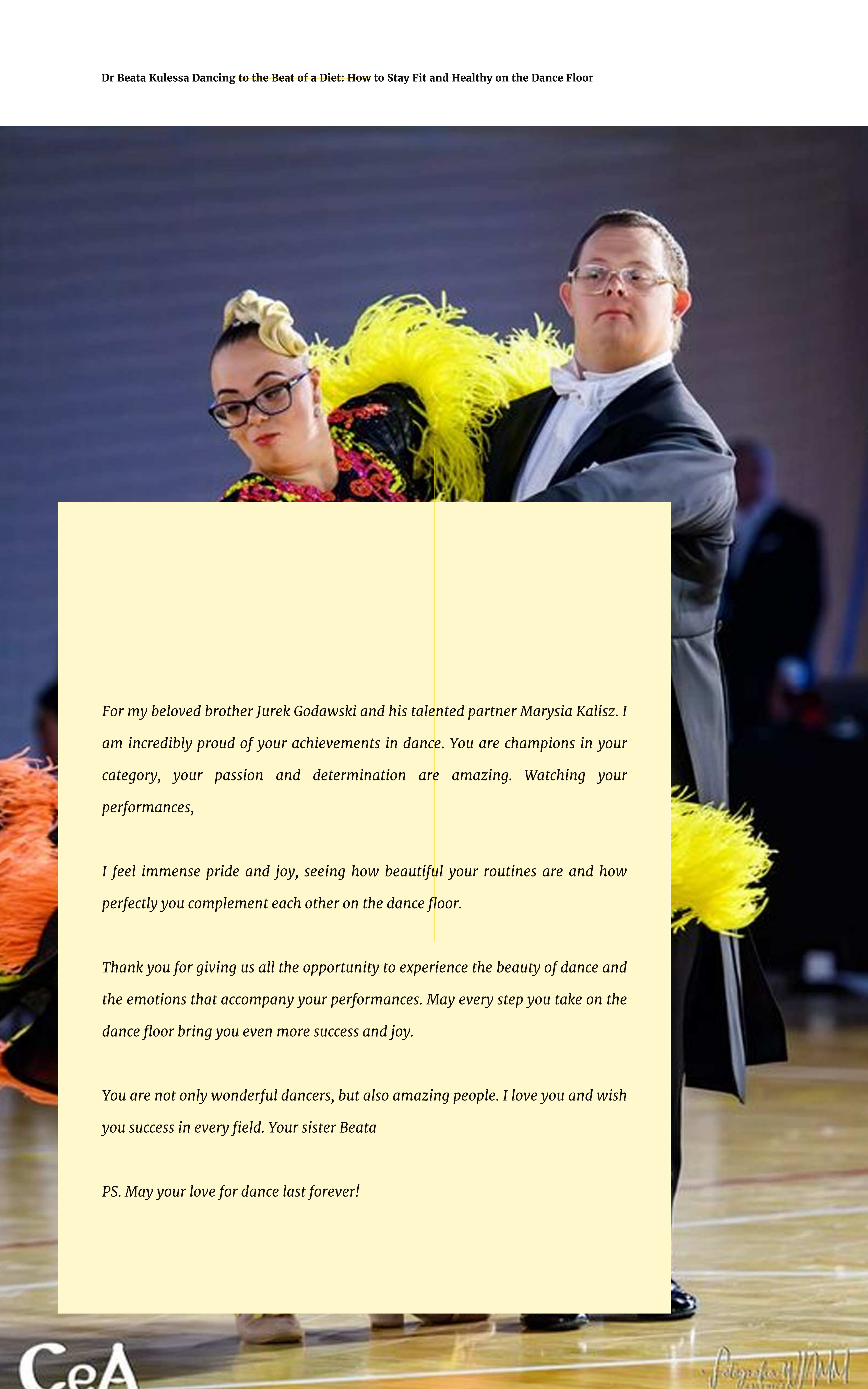


For the amazing dancers Marysia Kalisz and Jurek Godawski, whose passion and determination inspire me every day. This book is dedicated to you from the bottom of my heart, as a token of appreciation for your extraordinary skills and dedication to dance.

Thank you to everyone who supports Jurek and Marysia in fulfilling their dance dreams. Your support is invaluable and helps them grow every day.

I hope this book will be an inspiration and motivation for you to continue honing your skills.

I wish you and all dancers much success on the dance floor and the fulfillment of all your dance dreams.



For my beloved brother Jurek Godawski and his talented partner Marysia Kalisz. I am incredibly proud of your achievements in dance. You are champions in your category, your passion and determination are amazing. Watching your performances,

I feel immense pride and joy, seeing how beautiful your routines are and how perfectly you complement each other on the dance floor.

Thank you for giving us all the opportunity to experience the beauty of dance and the emotions that accompany your performances. May every step you take on the dance floor bring you even more success and joy.

You are not only wonderful dancers, but also amazing people. I love you and wish you success in every field. Your sister Beata

PS. May your love for dance last forever!

I am proud of both of you and I am amazed at how much you have achieved as dancers. Your passion, determination, and talent make you champions of Poland in your category.

I would like to sincerely thank the choreographers Mr. Krzysztof and Ms. Renata for their constant work and support, which allowed Marysia and Jurek to reach such a high level of skill.

I also want to thank Renata and Józef's parents for their endless love, support, and dedication, which have always accompanied Marysia and Jurek on their path to success.

I am convinced that your passion for dance will bring you many more wonderful achievements and satisfaction.

I am rooting for you and I am sure that the future will bring you many magical moments on the dance floor.

Let's dance together

Dear reader, in my magical world of dance and healthy lifestyle! I am the author of this book and a medical doctor who is dedicated to promoting a healthy lifestyle and proper nutrition.

I invite you to a fascinating journey during which we will discover how to maintain health and fitness on the dance floor through proper nutrition and regular exercise. You will learn how important the balance between diet and physical activity is to not only enjoy great well-being but also to implement a healthy lifestyle in practice. A dancer's diet shouldn't be boring or monotonous – on the contrary, it can be a fascinating adventure that will make you love your body and discover new possibilities in dance and everyday life.

I am here to help you gain the knowledge and motivation needed to achieve your health and fitness goals.

So go ahead and pick up this book and start dancing to the rhythm of a diet with us!