

# How your habits impact your dancing



Most of us have heard that getting enough sleep, eating healthy foods, exercising, connecting with community, refraining from smoking and drinking, and stepping away from a sedentary lifestyle can make us healthier.

But, did you know these habits can also make you a better dancer? Here are just a few ways your habits can impact your dancing:

- **Want to learn choreography faster? Get 8 hours or more of sleep.** If you haven't gotten adequate sleep, your ability to learn new things could drop by up to 40%.
- **Want to be more flexible? Eat healthier foods.** Foods like fish and chicken, nuts and seeds, olive oil and avocados, and fresh fruits or veggies are great for improving flexibility.
- **Want to be smarter? Move your body.** In a recent study, higher levels of sedentary time were linked to lower levels of cognitive function (in other words - slower brains). Movement helps improve focus and concentration, which is a definite plus in the dance studio.
- **Want to be stronger? Don't drink alcohol.** Human growth hormone (HGH) is needed to help build muscle and alcohol can disrupt the way HGH functions.

## TIME FOR ACTION!

What is one habit you would like to change? What is one positive way you can alter your environment to support this change?

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