



Ballerina Body: Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You

Misty Copeland

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The celebrated ballerina and role model, Misty Copeland, shares the secrets of how to reshape your body and achieve a lean, strong physique and glowing health.

Misty Copeland believes "There has been a shift in recent years in which women no longer desire the bare bones of a runway model. Standards have changed: what women do want is a long, toned, powerful body with excellent posture." In other words, the body of a ballerina. In her first health and fitness book, Misty will show women how to find the motivation to get healthier and stronger, and how to reshape their bodies to be lean and flexible, with step-by-step advice, meal plans, workout routines, and words of inspiration. Celebrating the importance of healthy fats and a fitness regimen based on ballet exercises, Misty shares her own time-tested exercises and an eating plan focusing on healthy fats, both of which keep her in top shape. Tips for motivation and words of encouragement as well as tips on how to keep going even when you may want to give up. An inspiring section on the importance of finding mentors, and eventually being one, plus excerpts from Misty's personal journal, round out this important book on grace and strength.

Ballerina Body: Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You Details

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Author : Misty Copeland

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From Reader Review *Ballerina Body: Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You* for online ebook

Jen says

LOVE Misty! She's such an inspiration. I thoroughly enjoyed reading this, it was uplifting and from a very positive outlook gave more than I bargained for. I thought it would be mostly comprised of recipes, healthy tips and workout ideas but she talks a lot about mindfulness and her personal journey. I've read Misty's memoir *Life in Motion: An Unlikely Ballerina* (which is one of my all-time favorite memoirs) and I was pleased to find that she explored herself from a different perspective and that there was still more to learn about her! Even though it wasn't the prerogative of this book to be anything like her memoir, she still somehow managed to give a piece of herself. So along with the recipes and Barre stretches/workouts I hoped for I also gained a further glimpse into the life of this fascinating woman.

Bookworm says

For fans or people looking for a general introduction. I'm somewhat familiar with Misty Copeland after reading her autobiography, watching a documentary on her (have never seen her perform though), etc. I was curious to see what this book was about since she told her life story before. What could be new here?

Turns out she jumped on the fitness/book writing trend among celebrities/well-known figures. Copeland takes the reader through the story of her life as well as expanding on exercise, diet, meditation, recipes, etc. There are pictures of her performing and posing as well as how to perform the various exercises, motivational tips and more.

I liked the book but I figured it wasn't going to be something that I'd want to keep or really read in-depth. Her story and background was already known to me so that information was a bit repetitive. And while I like the concept I could have used a few less photos of her eating or performing and more of the exercises she was doing.

Still, it's a nice book for fans of Copeland or aspiring ballerinas. I don't know how effective or useful her tips for exercising and diets are but it would probably make a great gift. I borrowed this from the library as it's out now and would recommend you do the same to see if it's really for you.

Sarah-Lambert Cook says

I really love watching Misty Copeland dance and have enjoyed learning and reading about her. When I saw this book, I was immediately intrigued especially with the rise in popularity of Barre workouts. While I have loved the recipes and weekly menus this book includes, the portion of it with exercises is seriously wanting. It needs better and more pictures and could really just include more in general. I liked the book for the food, really, but otherwise there's nothing new to be learned here.

Pouting Always says

I won this book in a giveaway but I don't remember entering the giveaway, probably because I look at the giveaways in the morning when I'm half asleep. Anyway I wasn't really look for a nutritional guide or diet book but I read it regardless. The book is split into I would say three main parts, one about mindset, the other exercise, and the third diet. I really think the mindset one was spot on because usually when trying to lose weight you really have to change your habits and to be healthier one should learn to accept oneself. The exercise part was pretty good also, mostly focused on warm up and ballet stances, the best part is that the exercises are all things you can do without any equipment and there's a lot in there that you can do throughout the day when you're busy with other things. There's also exercises to do laying down which I appreciate and might actually do because I'm lazy. The diet part was made up of a handful of recipes and meal plans as well as lists of foods. The book talks a lot about eating healthy fats which is good but doesn't mention as much about any other nutrients. It's not a bad thing but I wouldn't look to this book to learn more about nutrition that's all. It's more so if you want an idea of Copeland's own diet. I just want to end off saying that I'm in with Misty Copeland and how hard she works and how positive she is. I enjoyed the parts of the book most where she talks about her own experience, she's so candid with her own struggles and I'm a sucker for people being genuine.

Amy says

I love Misty Copeland and feel this book would benefit a younger audience new to the concept of healthful living. However, I did not learn anything new and was a bit disappointed by its lack of substantive ballet conditioning.

Victoria says

A) ABOUT

Reviewed by Victoria Morales

This book was exactly what I was looking for. I couldn't be more satisfied from all the things it taught me. American Ballet Theater dancer Misty Copeland takes us through all her knowledge on having a healthy/ fit lifestyle that can lead us to having a ballerina body. Throughout the book Misty talks about her story. About how she started with her ballet career and how she was able to learn everything she explains to us in her incredible book.

*From this book I learned the following:

1) Love your body just the way it is. This is one of the first things Misty talks about in her book and she is totally right. We humans sometimes exaggerate and criticize our bodies all the time. About how we don't look like the girls on the cover of magazines or what social media posts. Well instead we should be loving every inch of our bodies because if we don't love our bodies how will we be able to love ourselves? When we also love ourselves we decide to make a change and to love our bodies no matter what.

2) Another important thing I learned is that making habits is not hard, all it takes are making tiny steps to

help make changes and reach your goals. Change does not happen over night (I think we all know that) so if you want to make a change you have to patient and persistent. Being patient is very important because as I was saying we need the determination and persistence to keep moving us forward. We can accomplish anything. All we need to do is take tiny steps to takes us to our goal.

3)Finally one of the things that this book made clear to me is that balance is a need we must all have. One thing I have struggled for a long time is that I think that I should only eat healthy. But that is only half true. We can also eat junk but in a balanced way. In order to maintain a healthy life style and have some fun. You can balance yourself.

B) THIS BOOK AND MY HEREO'S JOURNEY

This book definitely gave me so much information for a part of my heroe's journey. As you know One of the major areas involved in my heroes journey is dance, and that includes doing a lot of exercise. One of my major goals is to be able to carry a healthy lifestyle and shaped body. It leaves a good impression to others and for my career.

C) MY ASSESSMENT

I recommend this book to anyone who is wanting to become a dancer or just wants to get to know more about how to carry a healthy lifestyle because this book includes workouts, exercises, recepies and so much more. It gives you things in so much detail. I really enjoyed reading this book and if you are a dancer you will fall in love with it right away.

Jenny says

Mostly fluff but what did I expect. The exercise section seriously needs more pictures and better explanations, but I suppose one should go to a real ballet class or watch a video for that sort of thing.

Mrs. Tongate says

Start eating oatmeal daily! Oatmeal and oatmeal banana cookies.

Fiona Forthe says

Some of the moves and stretches were a bit hard to follow, but the photography is gorgeous. And some of the recipe looked really tasty while being healthy.

Jessica McCann says

I picked this up more for an inspirational read than for diet and exercise advice; and I got exactly what I was hoping for in this book. Misty Copeland is an inspiration for her talent and commitment as a dancer, and for what she has achieved at such a young age. She is also changing the definition of the “ballerina body.” I found her openness about her own struggles with body image refreshing and comforting.

Copeland began dancing at age 13 and was told she was too old to hope for a career as a dancer. When she “blossomed” from a gangly young teen into a young woman with curves, she was told she was too big to be a ballet dancer. She struggled to find herself and be comfortable in her own skin (which, by the way is brown and is also nontraditional in the world of professional ballerinas). She learned to take care of her body, mind and spirit through healthy food and life habits. In doing so, she proved the naysayers wrong. She became the first African-American to be named a principal dancer at the American Ballet Theatre. She has boobs and a butt, like many woman and few ballerinas. She is also lean, powerful and graceful. Copeland preaches about being the best you that you can be, and encourages other women to stop trying to live in someone else’s body.

This was a quick read, and I recommend it for anyone who wants a boost of inspiration and encouragement.

MrsJoseph says

WANT!

Debbie Hoskins says

I borrowed this really good book from the library and decided to buy it.

It has inspiring info about her rise from poverty to a principal dancer in the ABT. Recipes and info about all the good food to eat fish, veggies, fruit.

And ballerina exercises. Plus some striking photography of her and food!

Just looking at it improves my posture. I'm glad to have it around for the info, inspiration, and the reminder to take care of myself.

August, 2017

I have high hopes. My eating has improved, but I'm still way addicted to sweets. I take a weekly dance class, but very rarely dance at home and have not even tried the exercises in the book.

I still have this on my "to-do" list. I would really like to "want" to learn the exercises and cut down on the sugar.

Alicia says

I'd give this a 3.5.

Overall, a quick and fun fitness read. Misty Copeland is incredibly inspiring, and I'd like to read Life in Motion after this.

What could've been improved: The 21-day meal plan was a bit impractical. Namely, it didn't seem to incorporate leftovers or repurposing ingredients, so it would be costly to follow it exactly. This could be easily countered by noting the amount of servings as listed on the recipe and adjusting accordingly, using those leftovers.

Further, I think the book could've gone a bit deeper into thinking about body image. However, the existing discussion is still helpful. Middle and high school girls could benefit from this immensely.

What was great: Yay Misty! This was an enjoyable read over all. The photography and book design are amazing. And, Copeland's writing and storytelling are engaging and fun. Her positivity is contagious. The exercises explained in the book are highly practical and helpful. The nutrition information is helpful as well -- accurate and easy to understand, and leaving no room for nonsensical, unhealthy diets. Plus, it was a breath of fresh air to read about exercise and diet with the goal of health and strength. A lot of fitness media that I follow on the web focuses on getting a body shape to fit the trends -- I'm thinking about "butt gains" in particular. Not to judge people who want that, they are free to do so, but it's nice to find a book supporting *my* fitness goal, which is a stronger version of my existing body.

Gina says

I am torn. Like many, I think that Misty Copeland is amazing. There is no denying her place in history, however, this book does not offering anything new in the realm of health and wellness.

Is there anyone who is not aware of the importance of healthy fats in their diet?

Is the mind-body connection -- and the advocacy of journaling and meditation -- ground-breaking?

No!

What makes this book different from other celebrity diet/fitness books? Not much other than Misty Copeland's voice and story.

All diet/fitness books devote at least one chapter to the author's backstory. This is where doctor author's provide test case scenarios and data OR where celebrity authors confide in the reader -- telling us about struggles with weight, diet pills, etc. Here is where the celebrity author becomes relatable to the reader. The reader bonds with the celebrity author and understands that the celebrity author is a person with weight struggles "just like me."

Unlike the usual blather coming from celebrities who can afford spas, personal trainers, personal chefs, etc. Copeland's backstory is relatable. And compelling.

I waffled between 2 and 3 stars, so I checked the ratings I'd given to similar books:

Everyday Super Model by Molly Sims (2 stars)

Pretty Happy: The Healthy Way to Love Your Body by Kate Hudson (4 stars)

Ballet Beautiful: Transform Your Body and Gain the Strength, Grace, and Focus of a Ballet Dancer by Mary Helen Bowers (3 stars)

The strength of Ballerina Body is Misty's personal story and the chapter on mentoring.

Anne Boardman says

I enjoyed reading about Misty's rise to fame and enjoy seeing her dance at ABT regularly. I think the exercise portion needs more photos or maybe get it on DVD since the moves can be complex. The diet section was informative but more guidelines than anything substantial.
