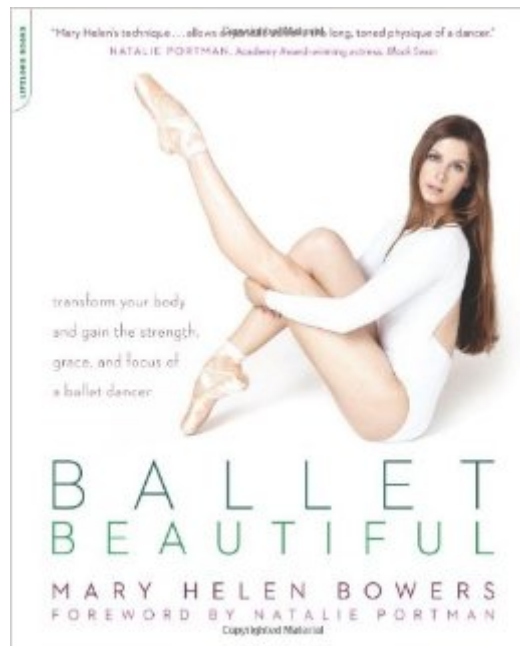


The book was found

Ballet Beautiful: Transform Your Body And Gain The Strength, Grace, And Focus Of A Ballet Dancer



Synopsis

Ballet-inspired fitness for every woman! You don't have to be a professional ballerina to look like one! With Mary Helen Bowers's *Ballet Beautiful*, forget beating yourself up in the gym and suffering through starvation diets for some unattainable goal. You can achieve your ideal body and develop the strength, grace, and elegance of a dancer by following Mary Helen's proven program—one that's got everyone from celebrities to busy moms to executives raving! *Ballet Beautiful* is a fitness method that blends the artistry and athleticism of ballet with an easy, accessible eating plan that works for every body—and absolutely no dance experience is required. Created by professional ballerina Mary Helen Bowers, this transformative approach to fitness and health will reshape your body and your mind! *Ballet Beautiful*'s three-fold approach is not an extreme workout nor is it a radical diet for an overnight fix; it's a roadmap to achieving and maintaining your ideal health, shape and size—all with the elegance and strength of a ballerina. Part One of the book introduces the program's empowering mindset, the key to supporting and guiding you through lasting change. Part Two, the *Ballet Beautiful* Method, consists of challenging, effective, and fun workouts that sculpt and tone sleek ballet muscles and build beautiful posture. Whether you have a full hour or only 15 minutes, you can tailor the program to your own schedule and needs. Part Three shares the *Ballet Beautiful* Lifestyle, a healthy, balanced approach to nutrition. With meal plans, shopping tips and quick but delicious daily recipes that will satisfy and nourish your entire body, it's a stress-free, diet-free plan that will help keep you feeling as strong and healthy as you look.

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Customer Reviews

I am a devoted fan of Ballet Beautiful method/concept. I own both DVD's and almost all blast videos available online. No surprise I am an owner of the printed version of the book as well! Why would I recommend this book to other girls and women - and not only to those who love ballet as I do? First of all, the book is written in very pleasant, calm and sensible style. It is divided into three parts (these are divided into chapters). The parts cover all you need for building some kind of regimen or just approach to your work out routine and food choices: * mindset* the actual work out (stretching exercises, the classic 60 minute workout and three 15-minutes blasts workouts: 1 for arms and 2 cardios). Here you also obtain some basic ballet terminology, few basic BB principles* third part talks about the approach to food - shows what food choices are great, the essential philosophy here is the intuitive/instinctive and very sensible approach to food. I appreciated the suggestions for breakfasts, snacks, lunches etc. There are also suggestions for how many times per week to work out (ideal week, a moderate and light week). You will also find usable and practical tips on how to deal with cravings etc. In the very end of this part and of the book itself you can find few quick and healthy, yet easy recipes provided by Mary Helen and her friends/family.

Note about me: I'm a former Yoga and Pilates teacher who prefers to work out at home. I first heard about this program last year. I was intrigued and heard good things from people. I bought the Total Body DVD and got this book. For my money, while both are good investments, I'm getting more out of the book. Some of the exercises are difficult to learn the first time around, particularly the standing exercises. Ballet is notoriously difficult to teach on paper; the fact that I could follow the exercises after a second review speaks to how well she did describe them. And I loved her concise reference sheet of ballet terms with descriptions and illustrations. The bulk of the first program is best thought of as floor barre, but with a little bit of a twist. (And if you also want to think of it as a more elegant version of the some of the floor exercises women have been doing since the Fifties, you're excused.) Bridges, leg lifts and inner thigh lifts will be familiar to anyone who has taken a Pilates class in the last decade, and the abwork will probably remind you of some of the Lotte Berk/Bar Method/Core Fusion/etc. Bowers usually has you perform 4 sets of 8 reps, then pulses at the high point for the same number. Definitely more reps than in Pilates, but fewer than most of the barre work out there. What the book has that the videos don't is the Reverse Bridge (which Pilates practitioners might recognize as Grasshopper). While the Bridges work both the lower back and glutes, the Reverse Bridges call on those muscles as well as the upper back and call for more extension of the spine. Hugely important for all of us. The standing sections or Blasts work well

together as a cardio-sculpting workout.

When I first heard about Ballet Beautiful, a light bulb turned on inside of me and I knew, right there and then, that I would have finally found the perfect solution to my health. I was, and still am, just an ordinary girl who, like many other females, score high and low for an exercising and dieting regime. I've tried going to the gym, I've tried doing P90x, I've tried running on the treadmill in a basement, I've tried jogging in my neighborhood, I've tried fitness trends like Zumba dancing and so on. And it always ends the same: Either I hate the way my body started to look, or it got too difficult and I would become commitment-phobic and just drop the regime, much to my deep disappointment. What really burns me is that I can't ask people nowadays on how to lose weight without looking bulky because then I'll get verbally assaulted, that "women cannot bulk up", that I'm being ridiculous. Well, I did P90x, and I bulked and looked strange. As a soft spoken, sensitive introvert, it just doesn't fit my personality, if that makes sense. I wanted to look lean, limber, and very much feminine. I thought I'd never find the solution... and then I brought this Kindle. I read about her workouts in the book and I knew I had to grab her DVDs. They were all surprisingly challenging, despite her moves that look deceptively simple, but they are also very fun and the results are losing weight, dropping inches everywhere, becoming firm and toned, and still keeping your womanly curves without the bulges and cellulite. I look and feel like a princess the more I do these. Mary's first couple of chapters is her talking about the mindset- that no, you do NOT have to do her workouts perfectly, and that you do NOT have to kill yourself every single day doing a lot of working out to get results.

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The Body Book: The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body
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