



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

*Misty Copeland*

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

**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.

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