

DANCE

magazine

Dancer from your **HEART**
Not your **FEET**

Isabella
Boylston
American Ballet Theatre



The DANCER LIFE

Ballerina

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Elise Finch

When you think of a ballerina, a lot of ideas come to mind about the way they look, eat and live.

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What is Ballet Dancer?

Ballet dancer is also call Ballerina a person who practices the art of classical ballet. Both females and males can practice ballet. They rely on years of extensice training and proper technique to become a part of professional company. Ballet dancers



are at a high risk of injury due to the demanding technique of ballet.

Isabella Boylston

One of the dancer in American Ballet said that she started ballet when she was three years old and she was hooked. When she was 14, she left home to attend ballet boarding school. At 2005, she graduating and moved to New York and joined ABT's studio company.

Day of Boylston

A day of Isabella, In the morning, she will have eggs, or pasta for breakfast. Then, she will go to class for an hour and half to warm her up for the day. After the class, she will rehearse from 12pm-7pm. Sometime she will have break between that time, but not always.

She know that her schedule is brutal, but it is worth it the minute she steps on stage. Isabella is a size zero, naturally thin, and it is the average size for a dancer.

Performance

When she have performance, she will only rehearse for one hour and leave the energy for the stage. "Performing... it's such an amazing feeling,"

She said. "Where you really find your flow and you're totally in the moment, it does feel transcendental." She will get nervous before every performance but it helps her to be laser-focused on stage.

On May 13, Boylston and her fellow ABT dancers are preparing to do an eight-week run at the Metropolitan Opera House.

Injury

Ballet dancer are susceptible to injury because they are constantly putting strain and stress on thier bodies and their feet. A ballet dancer's goal is to make physically demanding choreography appear effortless. The upper body is prone to injury because they often back bends cause the back to pinch, making the spine vulnerable to injuries such as spasms and pinched nerves. Extending the legs and holding the turned out to the hips. min the air while cause damages Such damage includes strains, fatigue fractures, and bone density loss.

