

Health for Performers

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Dancer, actress, singer,
eating disorder expert



Online course available

"A scientifically-based mind-body approach to get the most out of yourself, so you can focus on creating the performance of a lifetime."

Stay healthy on, and off, stage!

This class is aimed at non-pro level actors, dancers, singers, musicians, and techies, who get their heart rate up on (or back) stage. You may have a day job/school and do community theatre nights/weekends and feel drained and using poor coping skills, or maybe you take hours of dance class a week and are unsure how to maintain energy levels with the brief pockets of time you get to eat - and not end up with digestive issues. Or maybe you are a drama teacher and want to make sure your students are taking care of their instrument (body).

If you said yes to any of that, this course is for you.

This course is set up to be video lectures with additional handouts, and step-by-step "homework" with each module so you actually TAKE ACTION on your goals!

We will cover scientific facts around health that are relevant to busy performers, as well as my personal experience with issues such as avoiding heat stroke (learned that lesson the hard way!). Only \$49 for a limited time!

<https://www.notyouraveragenutritionist.com/performer-health.html>