

WOAH! Work. Out. At. Home.

# GOGO DANCER FIT

January 2014 Special Edition Newsletter

Getting in better shape  
was your New Year's  
Resolution...  
now work!

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**Simple stretches, exercises, and foods to  
transform your lifestyle habits and amp up  
your GoGo dancing!**

Don't just look good on stage, FEEL GOOD on stage! Use these tricks for the ENERGY, STRENGTH, and FLEXIBILITY to shine!

A simple place to start is eating more real food and less processed junk food, especially before and after GoGo events. This way you can restore essential nutrients to your body to look and feel your best! Just add one piece of fruit or one veggie to your daily routine and see what happens...

WOAH Example  
GoGo Work Outs!

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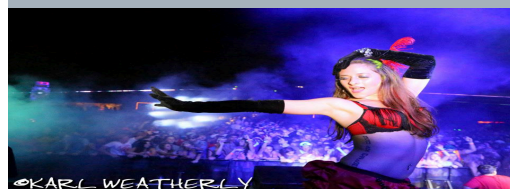
Total body. No equipment.



Healthy Treats on  
a Budget!

p. 3

Eat clean, train dirty.



Stretch the pain  
away!

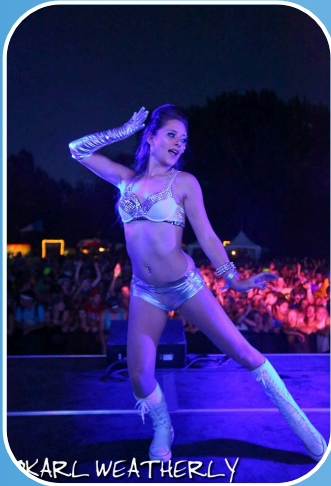
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Exercise is medicine.

## WOAH! Work. Out. At. Home. Gogo Edition

### Get down to the Core

*\*To make the exercise more difficult swing your other leg out to the front, side, and back.*

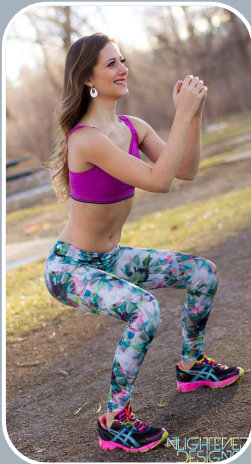


Increased core strength and stability muscles will greatly improve balance and endurance on stage!

Anything you do off balance will build stabilizing muscles all over your body.

Ex. Put on your Gogo boots and balance on one leg for 30 seconds each leg. To advance use other leg\* and change levels – bend the knee and get low!

### Good Old Squats with a Twist!



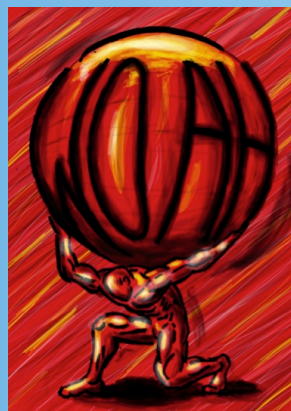
Get  
Booty. Protect Knees:

1) Squat, turn to the side and lunge, turn back to center and squat, turn to other side and lunge. Or just alternate dropping a knee in like stanky leg!

- 2) Take a wider stance and point your toes outward and squat- works the inner thighs!
  - 3) Keep your toes out and raise one heel up off the floor to squat (foot in relevé and then plié) maybe even try both feet!
- ❖ Do 3 sets of 10 squats for each numbered exercise and then repeat the circuit. Stronger legs protect the knees!

### Food for thought:

When a label says “no fat” or “low fat” that just means they put more sugar into it instead, which literally turns to fat the second it hits the blood stream. #readyourlabels



Healthy Food on a Budget:

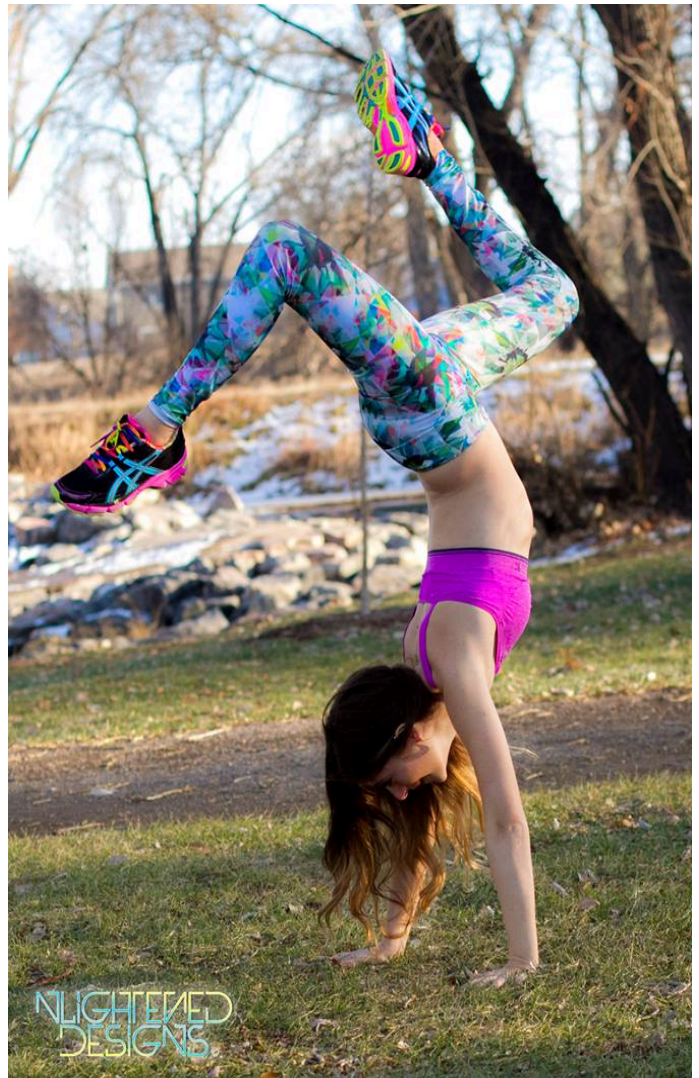
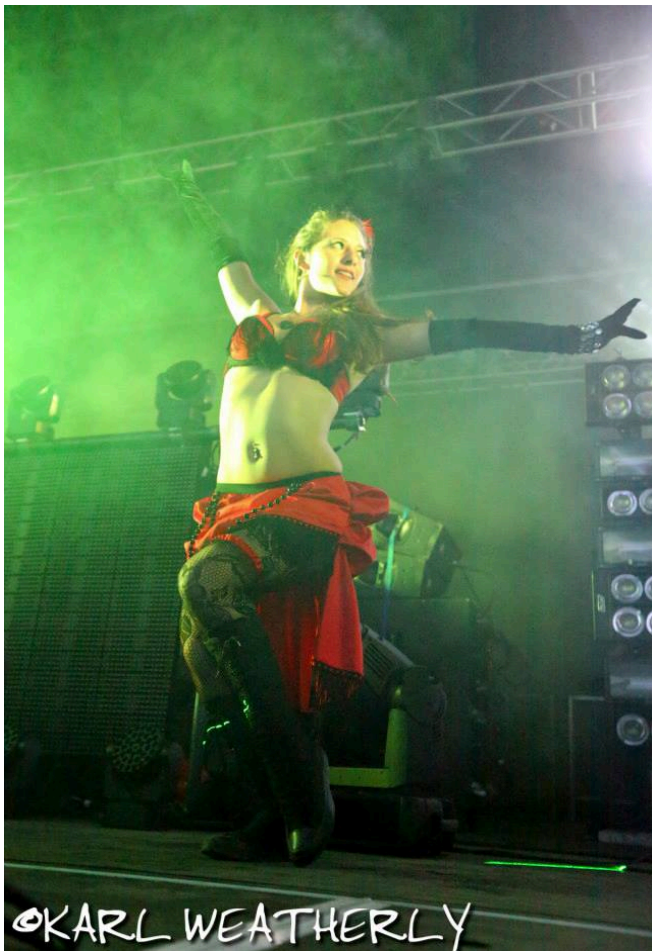
- 1) Buy unprocessed foods to cook - in bulk for quick leftovers!
- 2) Cheap proteins like eggs, tuna, beans, and chicken.
- 3) Fresh fruits & veggies. Try frozen or clip organic coupons to save time and money!



## Gain more strength, endurance, and creativity for your arms:

- ❖ With the power of handstands! Get some blood flow to your brain and boost your mood!

Try kicking up against a wall at first and build upper body strength without bulking up! Improve body awareness, balance, and your stability muscles too.



- ❖ Hold your arms out horizontally and wave them in small circles, in each direction, big circles, arm rolls, waack, the ymca...just FREESTYLE your routine to enhance the versatility of your arm movements on stage!

Try new arms that stay at least horizontal or above your head until it burns and then go longer see if you can make it a whole 1-3 minutes or longer!

**Cardio of any kind will burn fat and show off those sexy abs you gain from strengthening! Try a dance class in any style to build up your vocabulary of moves for the stage! Have you tried pole fitness?**

## Are Gogo drops killing your knees???

### Stretch Yourself Before You Wreck Yourself!

Get in better shape and prevent injuries by treating GoGo events like sports for your body:

1. Stretch! Before and after is best but whatever you can! Flexibility in the knee joint from stretching the muscles around it reduces pain.
2. Drink more water before, during, and after shows to flush out toxins like lactic acid, which reduces soreness and fatigue later.
3. Add arch supports to your boots to protect your feet, knees, back → all joints! Cushion your every move!

### KNEE STRETCHES!

Calves, thighs, hamstrings, butts, hip flexors and back. It's all connected! Hold for 15 sec.

Check out stretches and exercises at ACE fit:  
<http://www.acefitness.org/acefit/healthy-living-article/60/2079/what-exercises-are-best-to-my-strengthen-/>



### Healthy Treats!

- Fruits and veggies for quick energy before dance Ex. bananas
- WATER + try gummy electrolytes in between dance sets!
- Carbs + protein for after shows Ex. quinoa with mixed veggies and sweet potatoes + chocolate milk!

