



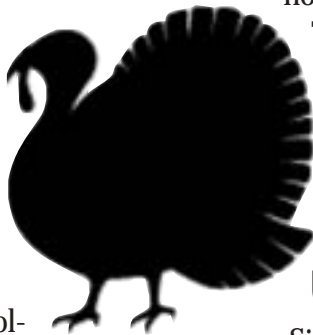
# FOOT NOTES

A Newsletter For The Friends and Supporters of Dance, Etc., Newtown  
Dance Etc., 117 Mount Pleasant Rd., Newtown, CT 06470 • 203-426-8717 • Vol. 4, No. 3

## November 2003

### Dance Etc. Will Be Closed Thanksgiving, Open That Saturday

Just a reminder that the studio will be closed on Thanksgiving day, but classes *will* be held the Saturday following (November 29th).



### Check Your Dirty Shoes At The Door

As the weather starts to get a bit wetter and muddier, we must emphasize the importance of wearing dance shoes, not street shoes, to

### Thanks, Everyone, For Your Support

I want to say "Thank You" to everyone for supporting me while I performed in "Anything Goes" at the Shubert recently and a special thanks to those who were able to come see me in the show. I hope you enjoyed it as much as I did!

—Jen

class. If you're on the dance team at your school and wear your team shoes out on a football field or in any other outdoor activity, you may not wear those shoes to class.

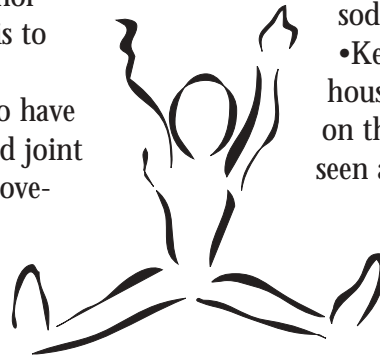
The dirt and rocks damage the flooring. Thank you for understanding.

### Why We Warm Up During Class

Sitting in the lobby watching your child's class you might wonder, "Why do they spend so much time "warming up" in dance class?"

The number one reason for participating in a thorough warm up is to prevent injury. Students need to have every muscle and joint ready for any movement they may perform during the rest of the class.

Secondly, strength and flexibility not only help the students execute movements in a safe way, it helps them do it in an aesthetically pleasing way. Dance is a visual art; therefore, the longer the lines, higher the jumps and bigger the overall movement quality, the better the performance value.



### Healthy Eating Makes Healthy Dancers

The meals your family eats may be perfectly balanced. But what do your kids eat between meals? If foods with concentrated fat and sugar also fill your pantry, it may be time for "snack makeover."

- Avoid buying soft drinks, juice drinks and flavored teas. It's often what we drink, not eat, that packs on the calories extra pounds. Encourage your family to drink water, tomato juice, milk or fresh tea instead. Even 100% fruit juice has roughly the same calories as soda.
- Keep a lot of fresh fruit in the house at all times - and keep it on the counter where it will be seen and hopefully eaten. Ditto for raw baby carrots and celery. Have fresh fruits and vegetables ready to eat - apples sliced, oranges peeled, etc.

• Kids love the crunch of chips, but there are many healthy alternatives. Pretzels, cereal, snack mixes, and baked potato or corn chips can all be a great substitute, but without all the fat. Remember that salsa is actually a way for your kids to eat their vegetables!

—Excerpted from "Are You Raising Fit or Fat Kids?" Courtesy of FeatureSource