



Photo by Eduardo Patino

Our Commitment

“The Health and Wellness Program here at The School at Steps will broaden the dance education of our students to include resources and guidance on issues including injury prevention and recovery, physical therapy, nutrition, emotional wellness, and other supplemental services.”

Kate Thomas
Director, The School at Steps

the
**School at
STEPS**®

HEALTH AND WELLNESS

HEALTHY DANCER – TIPS OF THE MONTH

Healthy Dancer -Tips of the Month consists of several components to help young dancers perform better and live a healthier lifestyle. Each month focuses on a different dance style and healthy tips which include: physical challenges, body strengthening, dietary suggestions, and Fun Facts. Healthy tips will be accompanied by a video highlighting our teachers and dancers. Join us on our Health and Wellness page at www.StepsNYC.com/school.

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