



UNLEASHING THE POWER OF BALLET:

A Surprising Workout For Health And Fitness

Plurontus

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Ballet Dance Classes For All Ages

For those who are interested in dance classes, ballet lessons in particular, there are many options from which to choose. In most areas, you will find ballet lessons that are available to students of all ages as well as a wide range of experience levels. Beginning adults are not uncommon today as more and more people discover the fitness benefits of incorporating dance, such as ballet, into their fitness routine.

For children, ballet dance lessons often begin quite early, sometimes as early as the age of three. There are no upward limits on ballet lessons at this point in time to the best of my knowledge. As long as the students are physically able to do the moves and have a sincere desire to do so, I honestly cannot see them being turned away from a studio that is truly dedicated to sharing the passion of dance.

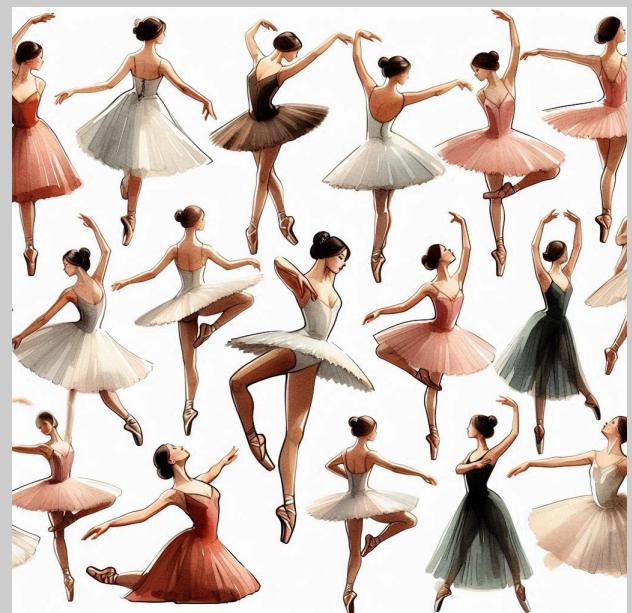
What Makes Ballet a Unique Workout?

Ballet is not just a dance form; it's a full-body workout that combines agility, strength, and grace. Here's why ballet is a great addition to your fitness routine:

Full-Body Engagement: Ballet engages multiple muscle groups simultaneously. From arm movements to core control and leg strength, dancers develop overall body awareness. Research shows that engaging various muscle groups can enhance balance and coordination (Brown et al., 2021).



Ballet dance classes for little ones is also an important tool for helping them learn important socialization skills such as sharing attention, taking turns, and working as part of a group. Your child will look forward to the experience each and every week and it will burn off a little bit of his or her excess energy. As a parent I cannot possibly stress the importance of this on occasion, as it might provide the rare evening where there are no arguments when bedtime rolls around.



LOW-IMPACT CARDIOVASCULAR TRAINING:

Low-Impact Cardiovascular Training: Ballet can provide an excellent cardiovascular workout without the harsh impact of high-intensity sports. This makes it accessible for individuals of all ages, including seniors. Engaging in low-impact exercise has been linked to improved cardiovascular health (Thompson et al., 2018).

Core Strengthening: Ballet focuses heavily on core stability and strength. A strong core is essential for many physical activities, helping to improve posture and protect against back injuries (Bödeker et al., 2020).

Adults and Ballet

For adults, the value of ballet dance lessons or any other form of dance for that matter is much like the value it has for children and teens. Discipline is an important skill to learn and foster at any age. Even those with some degree of discipline already can often use another reinforcement method, and dance will definitely reinforce positive discipline in a person. Another huge benefit of ballet dance lessons for adults is the fact that it is also keeping you active and on your feet.



Ballet as Exercise

Ballet dance happens to work many major muscle groups at once. Ballet is a very inviting form of exercise for many who would otherwise avoid exercise all together. The graceful flow and form of ballet are also moves that force the dancer to bend and stretch while maintaining excellent posture. The workout may be lower in impact than many other workouts; however, it is still burning calories at a much greater rate than sitting around the house watching television. Ballet dance classes are a great activity to pursue at almost any age, provided you are in proper health to handle the rigors of ballet dance.

Mental Well-Being:

The discipline and focus required in ballet have been shown to reduce stress and anxiety. Moreover, the artistic expression involved in dance can significantly enhance mood and mental clarity (Koch et al., 2020).

Participation in the Group

As your child ages and progresses in his or her ballet education, you will find that your child is learning more and more about the importance of participation within a group, the value of discipline, and perhaps most importantly, good self esteem. These lessons are not to be taken lightly. Another great thing about ballet dance classes for children and teens is that it keeps them up and active. Every lesson they take and every minute that they spend practicing is a moment that they aren't sitting around mindlessly watching television and playing video games or stuffing junk food into their mouths.



Children: Ballet is particularly beneficial for children. It aids in physical development, coordination, and rhythm. Additionally, children involved in ballet often experience heightened concentration skills, which can translate positively into academic success (Myers et al., 2022).

Ballet for Everyone

Women: For women, ballet offers a unique way to strengthen muscles and improve posture while achieving an elegant physique. Many women seek ballet classes for body toning, and the artistic elements help in boosting self-esteem and confidence.



Ballet is for Everyone . . .

Men: Contrary to stereotypes, men have an essential place in ballet. Many find that engaging in ballet improves their flexibility and strength for sports such as football, martial arts, and running. The combination of strength and grace provides men with a competitive edge in their primary athletic pursuits.

Ballet dance classes for little ones are also an important tool for helping them learn important socialization skills such as sharing attention, taking turns, and working as part of a group. Your child will look forward to the experience each and every week, and it will burn off a little bit of his or her excess energy. As a parent, I cannot possibly stress the importance of this on occasion, as it might provide the rare evening where there are no arguments when bedtime rolls around.

How to Get Started

If you're inspired to unleash the power of ballet in your fitness routine, consider these steps:

Find a Class: Look for local studios or community centers that offer ballet classes suitable for beginners. Many places also offer classes designed specifically for children.

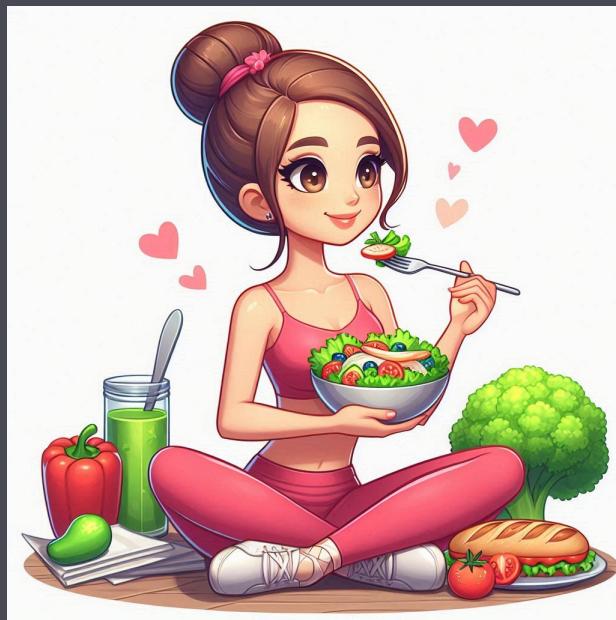
Online Resources: For those who prefer working out at home, numerous online platforms provide virtual ballet classes. They cater to all skill levels and often focus on different aspects of fitness through ballet.

Appropriate Attire: Wear comfortable clothing and supportive footwear. Ballet shoes are recommended for studio classes, while non-restrictive workout attire can be used for home practice.

Start Slow: It's essential to listen to your body and gradually increase the intensity of your workouts. The beauty of ballet is that it allows for a wide range of movement and progression.

Stay Consistent: Like any workout routine, consistency is key. Aim for a few sessions a week, and you'll soon notice an improvement in strength, flexibility, and overall well-being.

How to Get Started Ballet and Nutrition



Nutrition is foundational to a ballet dancer's success. A diet rich in the right balance of carbohydrates, proteins, fats, and micronutrients ensures that a dancer has the energy, strength, and endurance to perform at their best while supporting recovery and injury prevention. With proper nutrition, ballet dancers can enhance their performance, maintain optimal health, and achieve a sustainable and healthy relationship with food, allowing them to thrive both on and off the stage.

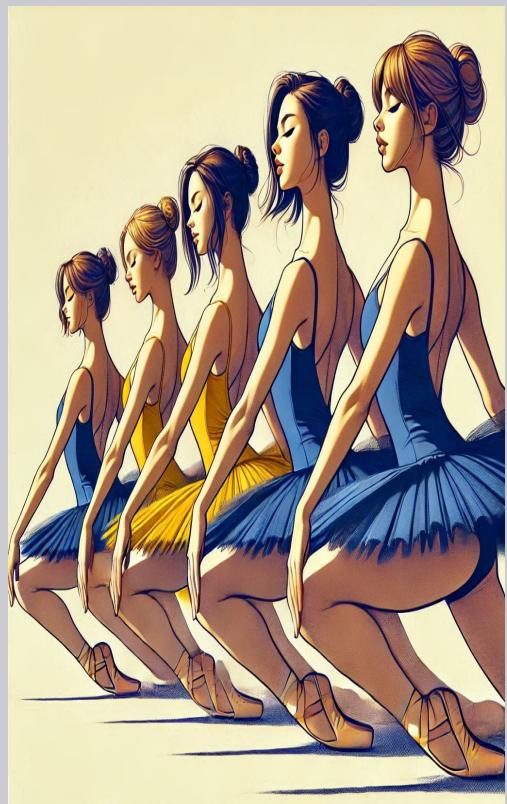
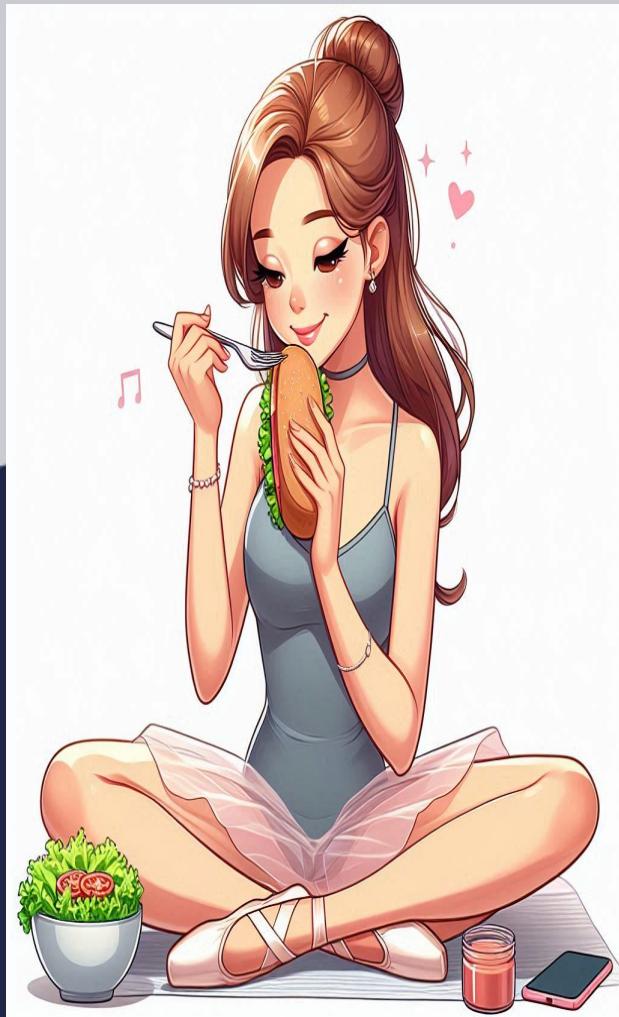
Ballet and nutrition are deeply intertwined, with the dancer's diet playing a critical role in their performance, health, and overall well-being. As ballet is a physically demanding art form, requiring endurance, strength, and flexibility, proper nutrition is essential for sustaining energy levels, promoting muscle recovery, and maintaining body composition. A well-balanced diet supports a dancer's physical performance while ensuring that they remain healthy, injury-free, and capable of meeting the demands of intense training and performances.

The Demands of Ballet on the Body

Ballet is an athletic discipline that requires strength, flexibility, and endurance. The physical demands of ballet can be particularly taxing on the body, as dancers often engage in hours of practice, rehearsals, and performances.

Demands of Ballet on the Body . . .

These activities require energy, muscle strength, and the ability to recover quickly. Ballet dancers must also be mindful of their body composition, as performance aesthetics and flexibility often necessitate a lean physique. Balancing the nutritional needs of energy expenditure with the desire for a toned, agile body can be challenging, which is why it is essential for dancers to understand the role of nutrition in maintaining both performance and health.



Macronutrients:

Macronutrients: Fueling the Dancer's Body

Carbohydrates, proteins, and fats are the three primary macronutrients that contribute to a dancer's diet, each playing a unique role in fueling the body's needs.

Macronutrients continued . . .

The choreography

Carbohydrates: Carbs are the body's primary source of energy, particularly during intense physical activity like ballet. Ballet dancers rely on glycogen, which is stored in the muscles and liver, to fuel long, demanding training sessions and performances. Complex carbohydrates such as whole grains, fruits, vegetables, and legumes provide sustained energy, while simple carbohydrates, like those found in fruits, give quick energy when needed. Dancers should aim to consume a balance of both types of carbohydrates to maintain energy throughout their practice and avoid fatigue.



Proteins: Protein is essential for muscle repair and recovery, making it vital for ballet dancers who undergo regular, intense training. After rigorous training, the body requires protein to rebuild muscle tissues that may have been stressed or broken down during the activity. Good sources of protein for dancers include lean meats, fish, eggs, legumes, and dairy. Including protein in meals and snacks throughout the day ensures that muscles have a constant supply of amino acids to promote recovery and prevent injury.



Macronutrients continued . . .

Fats: Healthy fats are also important, as they support overall cell function, hormone regulation, and joint health, all of which are crucial for dancers. Omega-3 fatty acids, found in foods like salmon, walnuts, and flaxseed, help reduce inflammation and support cardiovascular health. Avocados, olive oil, and nuts provide monounsaturated fats, which help maintain healthy skin and provide long-lasting energy. While dancers may aim to keep fat intake moderate for aesthetic reasons, fats should not be entirely excluded from their diet, as they play a vital role in overall health.



Calcium and vitamin D are essential for bone health, helping to prevent stress fractures and osteoporosis, which can be a risk for dancers due to the repetitive impact on the joints and bones.

Iron is necessary for oxygen transport in the blood, making it particularly important for dancers who engage in intense physical activity. Low iron levels can lead to fatigue and decreased stamina, which can significantly affect performance.

Magnesium supports muscle function and helps prevent cramps and spasms, which are common for dancers after intense training.

Vitamin C plays a role in collagen production, which is essential for connective tissue and joint health.

A varied diet rich in fruits, vegetables, lean proteins, and whole grains generally provides sufficient micronutrients. However, some dancers may require supplementation, particularly with vitamin D, iron, or calcium, depending on their individual needs and dietary restrictions.



Hydration:

Keeping the Body in Balance

Hydration is another key aspect of a dancer's nutrition. Ballet is physically demanding, often causing sweat loss, which can lead to dehydration and hinder performance. Dehydration can result in fatigue, muscle cramps, and poor concentration, which can compromise both training and performance. Dancers should aim to drink water consistently throughout the day, with a focus on staying hydrated before, during, and after training sessions. In some cases, electrolyte-rich drinks or coconut water can be beneficial for replenishing lost minerals after long rehearsals.

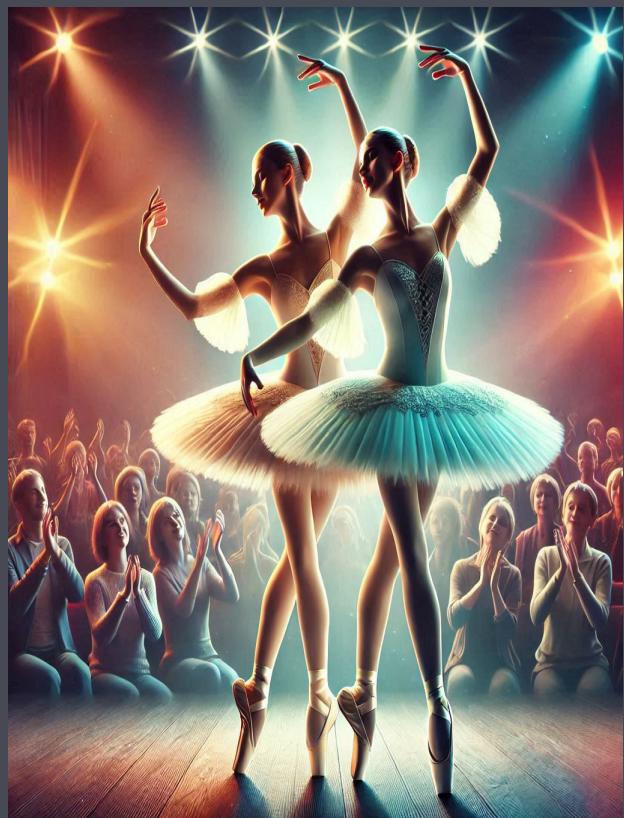
Maintaining a Healthy Relationship with Food

For ballet dancers, maintaining a healthy relationship with food is as important as what they eat. The pressures to stay lean and maintain a certain body image can sometimes lead to disordered eating habits. It's essential for dancers to view food as fuel for their bodies, recognizing that proper nutrition is necessary not only for their performance but also for their long-term health. Working with a registered dietitian or nutritionist who specializes in sports nutrition can help dancers navigate these challenges, ensuring they maintain a balanced and sustainable approach to eating.

A BALLERINA AND CHOREOGRAPHY

A ballerina should have an overall view of ballet choreography.

Ballet choreography is the art and science of creating dance movements that are executed by dancers in a performance. It is a critical component of ballet, transforming an abstract idea, theme, or emotion into a visual and physical experience. Choreography is not just about creating steps and sequences; it's about telling a story, expressing an emotion, and showcasing the technical skills of the dancers, all while adhering to the unique traditions and principles of ballet. The process of ballet choreography involves both creativity and structure, and it plays a vital role in the evolution of the art form.



Ballet choreography is not done in isolation; it involves collaboration with other artists. The choreographer works closely with the dancers, composers, costume designers, lighting designers, and set designers to ensure that the vision for the ballet is fully realized. The dancers are often integral to the creative process, as their bodies bring the choreographer's ideas to life. A choreographer must understand the physical capabilities and strengths of the dancers and tailor the choreography to highlight these abilities while also challenging them.

In addition, the music is a crucial component of ballet choreography. The choreographer must carefully sync the movements with the music, ensuring that the rhythm and mood of the music are mirrored in the dance. Whether the music is classical or contemporary, it serves as both an inspiration and a foundation for the choreography, with each movement carefully chosen to match the musical cues.



Storytelling in Ballet Choreography

Ballet can be narrative, abstract, or somewhere in between. In classical ballet, storytelling is often a central component, with well-known ballets like **Swan Lake**, **The Nutcracker**, and **Sleeping Beauty** following a clear narrative. The choreography in these works is designed to convey a story through dance, with each movement helping to tell the tale. In these works, characters are defined through specific gestures, poses, and sequences. The choreography helps to establish emotions and motivations, guiding the audience through the story without words.

In contrast, some ballets are abstract, relying on movement alone to evoke feelings or ideas. Here, choreography may explore themes such as love, loss, or conflict through patterns, group formations, and the emotional intensity of the dancers' movements. The choreography may not follow a clear narrative but instead focuses on the expression of an idea or mood, allowing the audience to interpret the work in their own way.

THE ROLE OF THE CHOREOGRAPHER

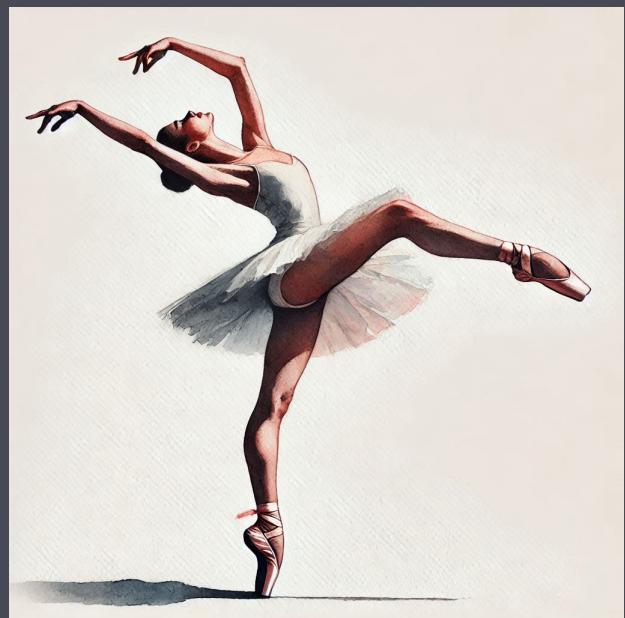
At the heart of every ballet is the choreographer, the artist responsible for crafting the dance. A choreographer's job is to shape the movements and sequences that bring a ballet to life. Their task is not only to design the steps but also to weave them into a coherent narrative or theme, whether abstract or story-based. The choreographer must also consider how the movement complements the music, costumes, sets, and lighting, as these elements work together to create a unified artistic expression.

Ballet choreography requires an intimate understanding of ballet technique. The choreographer must be well-versed in the classical forms and the physical possibilities of the human body to create movements that are both aesthetically beautiful and technically challenging. They need to ensure that the movements flow naturally, maintaining the grace and fluidity that ballet demands, while also allowing room for artistic expression.



THE PROCESS OF CHOREOGRAPHING BALLET

Creating a ballet involves several steps, starting with an idea or concept. A choreographer may draw inspiration from a piece of music, a poem, a historical event, or an emotional or conceptual theme. Once the concept is established, the choreographer begins to work on the steps and sequences that will convey this idea. The process often begins with improvisation, where the choreographer explores movements with dancers or by themselves to find the right shapes and gestures that fit the mood and meaning of the work.



Next, the choreographer arranges the movements into a sequence, carefully considering transitions between steps, the dynamics of the dance, and how the dancers will interact with one another. In classical ballet, certain steps, positions, and formations are essential, but creativity is key. The choreographer will often build upon these fundamental movements while incorporating more complex patterns or inventing new steps that fit the overall theme.

Once the sequences are set, the choreographer works with the dancers to perfect the movements. This is where the technical rigor of ballet comes into play. The dancers must execute each movement with precision, paying attention to posture, alignment, and the quality of each step. It is during rehearsals that the choreography begins to take shape and transform from abstract ideas into a polished performance.



Conclusion:

Ballet choreography is a complex and multifaceted art form that combines creativity, technical expertise, and collaboration. It is a vehicle for storytelling, self-expression, and the exploration of human emotions. Whether through narrative ballets that captivate audiences with their stories or abstract works that evoke deep emotions through pure movement, choreography is essential to the art of ballet. As ballet continues to evolve, choreographers push the boundaries of the form, ensuring that it remains a dynamic and powerful means of artistic expression.



QUICK BALLET
SUMMARY NOTES
FOLLOW:

Yes, it is a lot of fun,
exciting information,
but the gift follows. A
quick summary of the
ballet concepts you
just learned. Enjoy!



BALLET SUMMARY QUICK NOTES:

II. BENEFITS OF BALLET FOR OVERALL HEALTH

A. IMPROVED POSTURE

Ballet emphasizes the importance of proper posture, which is achieved through the strengthening of the core muscles. This discipline targets the muscles of the abdomen, back, and pelvis, forming the foundation for improved posture.

1. STRENGTHENING OF CORE MUSCLES

The precise exercises in ballet, such as pliés and relevés, require strong core engagement. This results in a toned midsection that supports the spine and improves balance.

2. CORRECTING ALIGNMENT

Ballet encourages dancers to maintain proper body alignment, correcting common postural habits that can lead to discomfort and long-term health issues.

B. INCREASED MUSCLE TONE AND FLEXIBILITY

Ballet training is renowned for developing long, lean muscles and enhancing flexibility, offering aesthetic and functional benefits.

1. DEVELOPMENT OF LONG, LEAN MUSCLES

Ballet emphasizes slow, controlled movements that lengthen muscles, creating a toned appearance that is both strong and graceful.

2. IMPROVED RANGE OF MOTION

Through regular practice, ballet enhances flexibility, extending a dancer's range of motion and contributing to a greater ease of movement in daily activities.

C. ENHANCED PHYSICAL ENDURANCE

Ballet demands a high level of endurance, utilizing small, precise movements that require sustained effort and control.

1. UTILIZING SMALL, PRECISE MOVEMENTS

These movements, although subtle, engage various muscle groups and contribute to increased stamina over time.

2. INCREASED STAMINA AND ENDURANCE

As dancers build endurance through regular practice, they find that their capacity for sustained physical activity increases, improving performance both in and out of the dance studio.

BALLET SUMMARY QUICK NOTES:

- **III. IMPROVING STRENGTH AND FLEXIBILITY**

- A. DETAILED EXPLANATION OF HOW BALLET IMPROVES STRENGTH**

Ballet utilizes one's body weight as resistance, which is an effective method for building muscular strength without the need for heavy weights.

- 1. USE OF BODY WEIGHT AS RESISTANCE**

Ballet movements often involve holding poses, which develops strength through isometric muscle engagement, improving both static and dynamic strength.

- 2. TARGETING SPECIFIC MUSCLE GROUPS**

Ballet focuses on specific muscle groups, such as the calves, thighs, and glutes, as well as muscles that support reduced injury risk across various sporting activities.

- B. BENEFITS OF INCREASED FLEXIBILITY**

Improved flexibility through ballet not only enhances overall physical performance but also carries significant health benefits.

- 1. REDUCED RISK OF INJURY**

By maintaining pliable muscles and joints, ballet reduces strain during physical activities, lowering the likelihood of injuries.

- 2. IMPROVED PERFORMANCE IN OTHER ACTIVITIES**

Flexibility gained through ballet can be advantageous in other athletic pursuits, making movements more efficient and graceful.

IV. BOOSTING CARDIOVASCULAR HEALTH

- A. IMPACT OF BALLET ON THE CARDIOVASCULAR SYSTEM**

Ballet routines often elevate the heart rate, providing an effective cardiovascular workout that enhances heart health.

- 1. INCREASED HEART RATE**

Even at a moderate pace, ballet sessions challenge the cardiovascular system, similar to jogging or cycling, leading to improved heart health.

- 2. IMPROVED BLOOD CIRCULATION**

The flow and rhythm of ballet movements promote efficient blood circulation, supporting cardiovascular wellness and overall vitality.

- B. COMPARISON TO TRADITIONAL CARDIO EXERCISES**

Although ballet differs from traditional cardio exercises in intensity, its combination of movement and strength training offers a hybrid workout that strengthens both heart and muscles.

BALLET SUMMARY QUICK NOTES

V. ENHANCING COORDINATION AND BALANCE

A. IMPORTANCE OF COORDINATION IN BALLET

Ballet requires coordination, which involves executing intricate movements while maintaining spatial awareness and rhythm.

1. INCORPORATION OF COMPLEX MOVEMENTS

The complexity of ballet choreography challenges the brain and body to work in harmony, honing coordination skills that benefit daily activities.

2. IMPROVING MIND-BODY CONNECTION

Regular ballet practice enhances the mind-body connection, promoting physical awareness and balance.

B. BENEFITS OF IMPROVED BALANCE

An enhanced sense of balance is one of ballet's most practical health benefits.

1. REDUCING RISK OF FALLS

Ballet training improves proprioception, reducing the risk of falls, particularly valuable for older adults seeking to maintain independence.

2. ENHANCED STABILITY IN DAILY LIFE

This balance proficiency translates to everyday tasks, promoting stability and confidence in movement.

VI. REDUCING STRESS AND IMPROVING MENTAL HEALTH

A. HOW BALLET CAN SERVE AS A FORM OF STRESS RELIEF

Ballet offers a creative escape, focusing the mind and alleviating stress through rhythmic movement and concentrated expression.

1. FOCUSING ON BREATHING AND MOVEMENT

The incorporation of deliberate breathing and movement provides a meditative experience, reducing stress and promoting mental clarity.

2. HARNESSING CREATIVE EXPRESSION

Ballet encourages personal expression through movement, offering a therapeutic outlet for creativity and emotional release.

B. CONNECTION BETWEEN PHYSICAL AND MENTAL WELL-BEING

The synergy between physical exertion and artistic expression in ballet fosters a harmonious balance, enhancing overall mental well-being.

BALLET SUMMARY QUICK NOTES

VII. INCORPORATING BALLET INTO YOUR FITNESS ROUTINE

A. OPTIONS FOR TAKING BALLET CLASSES

There are multiple pathways to integrate ballet into your fitness routine, irrespective of your experience level.

1. TRADITIONAL BALLET STUDIOS

For those seeking classical training, traditional ballet studios offer a structured environment, with classes catered to various skill levels.

2. FITNESS STUDIOS OFFERING BALLET-INSPIRED WORKOUTS

Alternatively, many fitness studios now provide ballet-inspired workouts, such as barre classes, designed to capture the essence of ballet for fitness enthusiasts.

B. TIPS FOR BEGINNERS

Newcomers to ballet can embark on their journey with confidence through a few practical steps.

1. FINDING THE RIGHT CLASS

Begin by selecting a class that matches your skill level and fitness goals, ensuring a positive and productive experience.

2. SETTING REALISTIC GOALS

Start with achievable objectives, allowing time for your body to adapt to the new demands of ballet training, and celebrate small milestones to stay motivated.

VIII. CONCLUSION

A. RECAP OF THE SURPRISING HEALTH BENEFITS OF BALLET

Ballet's multifaceted approach to fitness encompasses strength, flexibility, endurance, and mental well-being, positioning it as an ideal workout for those seeking a blend of artistry and athleticism.

B. ENCOURAGEMENT TO TRY INCORPORATING BALLET INTO FITNESS ROUTINE

Whether through traditional classes or contemporary fitness programs, ballet offers a refreshing change to the usual gym routine, inviting individuals to explore its myriad benefits.

C. FINAL THOUGHTS ON THE POWER OF BALLET FOR OVERALL HEALTH AND WELL-BEING

Ultimately, ballet transcends its theatrical roots and is not just a beautiful art form, but also a powerful workout that offers numerous health benefits. From improving strength and flexibility to reducing stress and boosting brain function, ballet has something to offer for everyone. So whether you're a seasoned dancer or a beginner, don't be afraid to unleash the power of ballet and incorporate it into your fitness routine. Not only will it improve your physical health, but it will also bring joy and grace into your life. So go ahead and give ballet a try.

BALLET SUMMARY QUICK NOTES:

Ballet and Nutrition

- **Interconnection:** Ballet and nutrition are closely linked, affecting performance, health, and well-being.
- **Physical Demands:** Ballet requires endurance, strength, and flexibility, making proper nutrition essential.
- **Energy & Recovery:** A balanced diet sustains energy levels, promotes muscle recovery, and maintains body composition.
- **Injury Prevention:** Proper nutrition helps dancers stay healthy and injury-free.

Macronutrients: Fueling the Dancer's Body

- **Carbohydrates:** Primary energy source; glycogen fuels training; complex carbs provide sustained energy.
- **Proteins:** Essential for muscle repair and recovery; found in lean meats, fish, eggs, legumes, and dairy.
- **Fats:** Support cell function, hormone regulation, and joint health; omega-3s reduce inflammation.

Micronutrients: Essential Vitamins and Minerals

- **Calcium & Vitamin D:** Strengthen bones and prevent fractures.
- **Iron:** Supports oxygen transport and prevents fatigue.
- **Magnesium:** Aids muscle function and prevents cramps.
- **Vitamin C:** Supports collagen production for connective tissues.

Hydration

- **Prevents Dehydration:** Essential for focus, muscle function, and endurance.
- **Water & Electrolytes:** Helps replenish fluids lost through sweat.

Maintaining a Healthy Relationship with Food

- **Balanced Eating:** Nutrition should fuel performance and long-term health.
- **Avoiding Disordered Eating:** Awareness of body image pressures; guidance from sports nutritionists is beneficial.

Conclusion

- Proper nutrition enhances ballet performance, supports recovery, and promotes a healthy lifestyle.

BALLET SUMMARY QUICK NOTES:

- Ballet Choreography

Definition: The art of creating dance movements to convey themes, emotions, or stories.

- Beyond Steps**: Integrates technique, storytelling, and artistic expression.

- The Role of the Choreographer

- Designs and sequences movements to align with music, costumes, and staging.

- Balances classical ballet traditions with innovation and creativity.

- The Choreographic Process

- Concept & Inspiration**: Drawn from music, themes, or abstract ideas.

- Step Creation**: Improvisation helps refine movements and sequences.

- Rehearsal & Refinement**: Ensures technical precision and fluidity.

- Storytelling in Ballet

Narrative Ballets: Use movements to tell a story (*Swan Lake*, *The Nutcracker*).

Abstract Ballets: Express themes or emotions through movement alone.

- Innovation in Ballet Choreography

Classical to Contemporary: Evolution from traditional storytelling to modern, abstract works.

Key Choreographers: Balanchine (abstract ballet), Forsythe (modern influences).

- Collaboration in Ballet

- Multidisciplinary Effort: Involves dancers, composers, costume, and set designers.

- Music Integration**: Choreography is synchronized with rhythm and mood.

- Conclusion

- Ballet choreography merges creativity, technical skill, and collaboration to create impactful performances.

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