

Healthier Dancer Programme Conference 2014: 'Aesthetic Athletes and Dancers' videos



Motionhouse dancers by One Dance UK, Dani Bower

[Gareth Ziyambi on core stability](#)

[Jon Arcelus on eating disorders](#)

[Nick Allen on hypermobility](#)

[Biz Price on weight maintenance](#)

[Dan Edwardes on pushing physical boundaries](#)

[Mhari Keil on nutrition](#)