

L'ÉCOLE
SUPÉRIEURE DE
BALLET
DU QUÉBEC

Press Release
For immediate publication

L'École supérieure publishes the first nutrition guide for dancers

Montréal, October 4, 2016 — L'École supérieure de ballet du Québec has chosen World Ballet Day to launch *Manger, danser, se surpasser : Guide de nutrition pour danseurs* (Eat, Dance, Excel: Nutrition Guide for Dancers). Developed in collaboration with dietician-nutritionist Catherine Naulleau, this work is an essential tool for dancers as well as all athletes who practice a sport incorporating an aesthetic and artistic component.

“Eating the right foods at the right time is essential for maintaining a healthy weight as well as the slender figure required to deliver optimal performance,” explained Catherine Naulleau, adding: “The guide has really been designed to not only educate young dancers, but their parents and professors as well. Its usefulness extends well beyond the dance community.”

“Our goal is to address the importance of a healthy body,” stated Anik Bissonnette, Artistic Director of l'École supérieure. Providing clear explanations, tips and simple recipes, this guide holds a host of information useful for developing sound eating habits.

Available in a handy format, the well illustrated *Guide de nutrition pour danseurs* is for sale at l'École supérieure for \$15.

About Catherine Naulleau

Holder of a master's degree in sports nutrition from the University of Montréal, Catherine Naulleau practiced an elite sport herself, before working with high-performance athletes. She collaborated with several national sports teams (judo, synchronized swimming, para-cycling, speed skating, etc.) and accompanied the Canadian team to the Olympic Games in both Sochi and RIO, as well as the Pan American Games in Toronto.

About Anik Bissonnette

As principal dancer of Montréal's Grands Ballets Canadiens for close to 17 years, Anik Bissonnette distinguished herself both at home and abroad, receiving critical acclaim for her classical technique as well as her great musical sensibility. Her career has been marked by significant distinctions, including the titles of Officer of the Order of Canada (1995) and Knight of the National Order of Québec (1996). She was awarded the Denise-Pelletier Prize in 2008 as well as the Governor General's Performing Arts Award for Lifetime Achievement in 2014. Concurrently, she served as President of the Regroupement québécois de la danse for six years. Since taking the helm of l'École supérieure de ballet du Québec in 2010, Anik Bissonnette has devoted her energies to communicating her knowledge to a new generation of dancers worthy of the finest dance companies in Québec, Canada and the world.

About l'École supérieure de ballet du Québec

L'École supérieure de ballet du Québec has made it its mission to train dancers and creators meeting the highest criteria in the world of professional dance and, in the process, promote the

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recognition, outreach and development of dance. Founded in 1952 by Ludmilla Chiriaeff and incorporated in 1966 at the request of Québec's Ministère des Affaires culturelles, it is the standard in Québec for teaching and professional training in the field of classical dance.

L'École supérieure carries out its mission thanks to an annual grant from the Ministère de la Culture et des Communications du Québec and financial support from the Department of Canadian Heritage. A member of the Association des écoles supérieures d'art de Montréal, l'École supérieure also acknowledges the collaboration of its educational partners, the Cégep du Vieux Montréal, the Pensionnat du Saint-Nom-de-Marie and École Saint-Joseph.

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For information: Lili Marin, Assistant Director — Communications and Public Relations
514 849-4929, ext. 249