



SKYLAR CAMPBELL
National Ballet of Canada

Typical summer break: Four weeks, dates vary

On rest: Balance is my favorite word and key for any athlete. At the end of the season you are most likely in top dancing shape. Rest is good, but I don't like to throw it all away, because our layoffs are short.

Cross-training: During the season it can be difficult for me to cross-train. I love to change up my routine during off weeks, because it's important to keep moving. I do resistance training at the gym and take advantage of swimming. If I have a principal role coming up, focusing on long-term cardio can help. If I go home to California, I am lucky to be able to train at the Pilates studio my parents own in Orange County.

Taking class: For every week I take off, I need just as much time to get back.

Nutrition: The first week, I do a cold-pressed-juice cleanse because I don't need as much fuel and replenishment. After that I ease back into my regular diet.

Branching out: I try to let my mind out of the ballet bubble. I exert my energy on playing the drums. It is a great outlet when I'm not dancing.

OREN PORTERFIELD, Ballet Austin

Typical summer break: mid-May–August

On rest: I definitely need a week of seeing music shows, drinking beer, eating pizza—real people fun. Austin is a great city for music and my husband is a gigging musician. I have to take a little time away to get perspective before going back to demi, demi, grand.

Cross-training: I can't do the same thing every day. We're lucky to have access to a Pilates studio, so we can take group apparatus class and use reformers. I take yoga around town and do it at home with "Yoga with Adriene," a YouTube channel. I have a gym membership, too.

Taking class: I usually don't take off of class for more than two weeks.

Nutrition: I am definitely more forgiving of my body standards during layoff. I appreciate being curvier in the summer, which is something I don't appreciate as much in season. I try not to ever go on a diet—moderation is the best thing. I eat real food, and if I eat food that isn't so good, I make sure I move more.

Branching out: I have an apothecary line I started a few years ago (ritual-goods.com), and I make essential-oil perfumes and sprays. I do pop-ups. In the summer I have more opportunities to learn more about herbalism and experiment. **P**

Candice Thompson, a former dancer, is a freelance writer based in Atlanta.

Porterfield and Paul Michael Bloodgood in Balanchine's *Agon*

