

**Abstract:**

This bachelor's thesis is focused on nutrition of the high heels dancers (gogo dancers, burlesque dancers, exotic dancers, strippers etc.). The goal of the bachelor's thesis is to compare average BMI, consumption of alcohol and lifestyle of the high heels dancers with a group of unathletic women.

Theoretic part of this bachelor's thesis briefly introduces high heels dance style, focuses on essential nutrients (macronutrients, micronutrients), fluid intake and alcohol consumption. Also determines a recommended dietary intake of proteins, carbohydrates fat, vitamins, minerals and fluid for dancers. Theoretical part of this bachelor's thesis points out the risky parts in dancer's nutrition: deficiency of certain vitamins and minerals, inadequate fluid intake and alcohol in clubs. The conclusion of the theoretical part focuses on nutrient timing, pre-workout meal/ post-workout meal for the high heels dancers and presents an example of meal plan for the high heels dancer.

The practical part of this bachelor's thesis was created from data obtained from own designed non-standardized questionnaire. The questionnaire filled 49 respondents, 15 of them were professional high heels dancers and the other 15 were unathletic women. The average BMI of high heel dancer is 19,9 kg/m<sup>2</sup>. The average BMI of unathletic woman is 21,6 kg/m<sup>2</sup>. Both results are in healthy BMI range. Consumption of alcohol is higher among the dancers and dancers are more likely to choose spirits. Despite the results of alcohol consumption, dancers have more a healthy lifestyle. Dancers eat more fruit/vegetable, consume less fast food, do not skip breakfast and have better fluid intake.

**Key words:** alcohol, dance, gogo dancers high heels, nutrition