

5 Healthy Things Misty Copeland Does Every Day

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We're not alone when we say we love Misty Copeland. The ballerina is the American Ballet Theater's first African American principal dancer, a 2015 *Glamour Woman of the Year*, a part of Under Armour's I Will What I Want campaign, and now the face of Estée Lauder's Modern Muse perfume. To further highlight how totally awesome Misty is, Under Armour launched its newest campaign, Unlike Any, celebrating the achievements of female athletes that rise above gender comparisons.

The fitness brand created six films about six female athletes, including Copeland, long-distance runner and Harlem Run Crew founder Alison Désir, world champion sprinter Natasha Hastings, professional stuntwoman Jessie Graff, and Chinese taekwondo champion and actress Zoe Zhang (the final film is about world-champion alpine skier Lindsey Vonn, and it will air in the fall). The short films are set to poems from some of the most renowned artists in the world who crafted an ode to each athlete.



PHOTO: Matt Ryb

“I Will What I Want was such a huge impact, but this campaign has a refinement and an individuality that is so powerful,” says Copeland. “Hearing the spoken word for the first time over every woman’s film was so empowering.”

Glamour had the chance to catch up with Copeland at the campaign launch to find out what this principal ballerina does every day to help keep her on pointe. (Sorry, had to.)

WATCH THIS

Misty Copeland on Remembering Her Roots

1. She exercises at home.

Misty likes to think of this as a warmup before her workout. “I have my exercises that I do in my apartment before I go to ballet class, like small, little things to maintain strength,” she says. “I’ll put two-pound weights on my inner thighs and I’ll do inner thigh lifts. I do outer thigh work with a [TheraBand](#). I do calf raises in my living room while watching CNN.”

2. She tweezes her eyebrows.

This may not sound like a health moment, but it's Misty's only get-ready trick, which helps save her skin. “I think eyebrows are the most important thing on a woman’s face,” she says. “I don’t wear makeup on the daily, so I’m like, My eyebrows need to look good.”

3. She always makes it to ballet class.

Even when it feels hard or on days when she may just want to sleep in, Misty gets up and goes to work. Ballerinas—they're just like us!

4. She stays hydrated.

“I make sure that I have water by my bed, and that I drink it before, throughout the night, and in the morning,” explains Misty.

5. She plans out her outfits.

Sometimes laying out your work, gym, or evening outfit can help ensure you're prepared and on time. Copeland is no different. “I have this app called the ClosetSpace, and it has every piece of clothing that I own in it,” she says. “So I probably check that once a day just to figure out what I'm going to wear that day or what to wear if I have an event at night.”