

MISTY COPELAND

DANCER, 33

On Ignoring Scrutiny

"If I wear tight jeans, people on social media are like, 'She looks too masculine!' I'm like, 'This is me. I'm proud of my muscles. I'm feminine but strong.'"

On Fan Encounters

"I get a lot of people hugging me like they know me. But the craziest was when someone was really disappointed in how short I am! They were like, 'What?! I thought you were 6 feet tall!' They just walked away."

On Dance Movies

"I've seen them all! But it's hard for them to capture the reality. Dancers date within their field because there's no time to go out. But the competitiveness is not accurate. We're friends. We rehearse eight hours a day, five days a week together. It's a support system."



The 5-foot-2 *Life in Motion* author is a principal dancer for the American Ballet Theatre.

JAMES WHITESIDE

DANCER, 31

"As a ballet dancer, there is a lot of pressure to look a certain way, but you just have to accept yourself. It comes down to the arch of your feet, the level of hyperextension in your knees. The details are so minute — there's not just fat or thin. There's a whole world of crazy."



The American Ballet Theatre principal also writes his own music.

JASON DERULO

SINGER, 26

"I eat a lot of protein — more fish than chicken. . . . Lately I've added green juices to my diet — spinach, kale, lemon and ginger. It's not the best-tasting thing in the world, but it goes down and you're not craving the bag of chips that your friend is having."



Derulo released his single "If It Ain't Love" in early April.