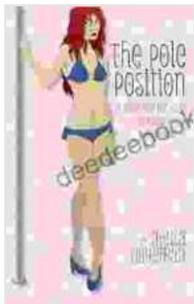


Is Stripping For You And How To Stay Healthy Doing It

Stripping can be a rewarding career, but it's important to be aware of the risks and how to stay healthy while ng it. Here are some tips to help you get started.



The Pole Position: Is Stripping for You? (And How to Stay Healthy Doing It) by Sheila Hageman

★★★★☆ 4 out of 5

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|----------------------|-----------------------|
| Language | : English |
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| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
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| Print length | : 203 pages |
| Lending | : Enabled |
| Paperback | : 332 pages |
| Item Weight | : 15.8 ounces |
| Dimensions | : 6 x 0.75 x 9 inches |



1. Know the risks

Stripping can be a physically demanding job, and it can also be emotionally challenging. Here are some of the risks associated with stripping:

- Physical injuries, such as sprains, strains, and bruises
- Emotional stress, such as anxiety, depression, and low self-esteem

- Substance abuse
- Sexually transmitted infections

2. Stay healthy

To stay healthy while stripping, it's important to:

- Eat a healthy diet
- Exercise regularly
- Get enough sleep
- Manage stress
- Practice safe sex

Eat a healthy diet

Eating a healthy diet will help you stay energized and healthy. Make sure to eat plenty of fruits, vegetables, and whole grains. Avoid processed foods, sugary drinks, and excessive amounts of alcohol.

Exercise regularly

Exercise is another important part of staying healthy. Exercise will help you build strength, endurance, and flexibility. It can also help you reduce stress and improve your mood.

Get enough sleep

Getting enough sleep is essential for overall health. When you're well-rested, you're better able to handle the physical and emotional demands of stripping.

Manage stress

Stress is a common part of life, but it's important to manage it in a healthy way. Find healthy ways to cope with stress, such as exercise, yoga, or meditation.

Practice safe sex

If you're sexually active, it's important to practice safe sex. This means using condoms and getting tested for sexually transmitted infections (STIs) regularly.

3. Know when to get help

If you're struggling with any of the risks associated with stripping, it's important to get help. Talk to a trusted friend, family member, or therapist. There are also many resources available to help strippers stay healthy and safe.

Here are some resources that can help:

- The Exotic Dancers Alliance (EDA):
<https://www.exoticdancersalliance.org/>
- The United Strippers of America (USA):
<https://www.unitedstrippersofamerica.org/>
- The National Sexual Violence Resource Center (NSVRC):
<https://www.nsvrc.org/>

Stripping can be a rewarding career, but it's important to be aware of the risks and how to stay healthy while doing it. By following these tips, you can help minimize the risks and enjoy a long and healthy career.



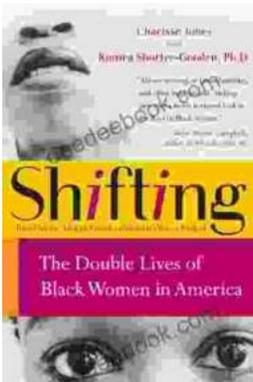
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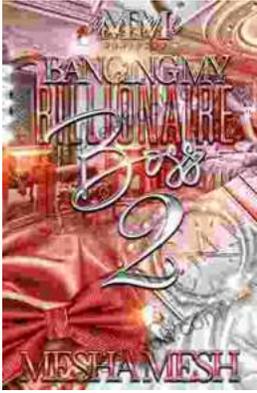
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