

MARCHING HEALTH AND WELLNESS

Exercise

Marching Band members are both musicians and athletes. For this reason, it is important to exercise and stretch prior to any rehearsal or performance. Suggested activities include, but are not limited to:

- Jogging in place
- Neck rotations
- Arm and shoulder rotations
- Neck and shoulder stretch
- Abdominal stretch
- Upper-back stretch
- Hamstring stretch
- Lower-back stretch
- Hands, wrists and forearms stretch

Nutrition

Athletes perform at their best when they eat healthy and maintain a well-rounded diet. Marching band members often have limited time to eat properly before rehearsal or even performances. Some suggested snacks to maintain adequate levels of carbohydrates, protein and fats between meals are:

- Trail mix
- Beef jerky
- Dried fruit (natural with no added sugars)
- Nuts (peanuts, walnuts, cashews, almonds)

Hydration

Staying properly hydrated is crucial to Marching Band members. Water is an essential nutrient that is critical to optimal physical performance. Students should drink prior to, during and after all rehearsals and performances. Key points to remember are:

- Drink cool water. This is the best drink to sustain performance.
- Do not drink coffee, tea and soft drinks as they contain caffeine and/or sugars and can increase fluid loss.
- Self-monitor your fluid levels. Students should pay attention to their thirst level and always drink adequate amounts of water to keep individual thirst levels low.
- Seek shade when available/possible.

Other Considerations

- Wear lightweight shorts and t-shirts to avoid overheating during rehearsals and be smart about footwear. Flip-flops are not recommended as they can contribute to trips and falls as well as sprains.
- Wear sunglasses and a hat when outside.
- Wear sunscreen to reduce the risk of over-exposure to the sun.
- Wear ear plugs to protect your eardrums when rehearsing indoors.
- During breaks, do not play your instrument. Hydrate, cool down and rest.