



# Self Care

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# Practice

- Routines should be established for before and after practice/performance
  - Pre-practice warm ups: full body dynamic/active stretching, start with a walk and then progress to a jog
  - Post-practice cool downs: bring your heart rate down slowly with an easy walk, good static stretches
- During practice: hydrating with both water and an electrolyte sports drink (i.e., Powerade)
- Take frequent breaks on hot days
- Dunk tank available for cooling off



# Recovery

- After a practice or performance you should help your body recuperate by:
  - Doing a good cool down
    - Static stretching, walking, biking
  - Drink both water and electrolytes
  - Getting a healthy meal that includes both carbs and proteins
    - Check nutrition handouts
  - Drinking cherry juice, stretching or icing for muscle soreness
- The next day make sure you take a walk or do some kind of light exercise



# Working Out

- Start slow and work your way up to more challenging exercises
- Working out consistently will help improve your musical/marching band performance
- Health benefits:
  - Increased energy and focus
  - Weight loss
  - Mental health stability
  - Emotional regulation
  - Increased lung capacity
- Always listen to your body; if you have questions, just ask!



# Attire

- Dress for the weather!
  - Don't add layers on hot days
  - Dry fit or lightweight clothes on hot days
  - Hot/heavy clothes can contribute to heat illness
  - Cold weather: make sure to bring lots of layers (hats, gloves, wool socks) and rain gear; eat hot foods/liquids; bring “hot hands” other warmers
- Make sure that your shoes fit properly, are not old/worn out, closed toed and athletic in make
- Do not rewear dirty/sweaty clothes, make sure everything is fresh to avoid rashes and illness



# Daily Nutrition

- Eat well
- Hydrate throughout the day, not just for practice
- Snack smart
- Refer to the Nutrition 101 slides



# Sleep Schedule

- Don't procrastinate!
  - Schedule things appropriately and use good time management skills
  - Use a planner or a calendar or notes/reminders on your phone to help keep things organized
  - Recommended to get at least 8 hours of sleep a night
- Getting enough sleep helps improve:
  - Focus and energy
  - Preventing illnesses
  - Weight management
  - General health and wellness



# Life Balance

- Busy, busy, busy
  - Make time for yourself to relax and take a break
- Find a good balance between
  - Your course work
  - Band
  - Friends/social life
  - Your hobbies
- Studies have shown taking time for your own personal health and wellness helps to improve the areas listed above





Questions?