

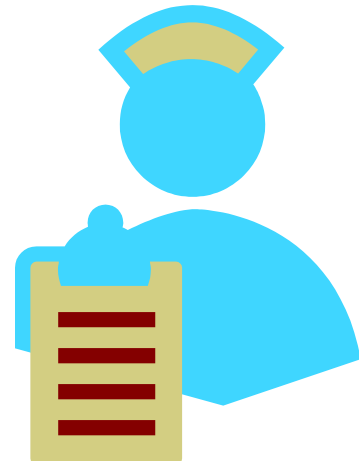
NURSE NANCY'S HEALTH TIPS

You have worked hard to earn your spot in the PCC Tournament of Roses Honor Band – you want to be **healthy** and **injury-free** in order to ENJOY this monumental experience!

Follow these simple health tips to avoid injury and illness:

- ✓ Prepare your body for the rigors of rehearsal – eat a healthy meal **BEFORE** rehearsal (a chocolate bar is NOT a meal), drink plenty of **WATER** (*not* soda) before rehearsal!
- ✓ Eat **HEALTHY** foods everyday – fresh fruits and vegetables, lean meats, whole grains; avoid sugary and fatty foods, they will negatively affect your performance. Alcohol is to be avoided before **ALL** rehearsals and performances!
- ✓ Avoid getting colds, viruses, or influenza by:

- washing/gelling your hands frequently;
- not sharing drinks;
- avoid kissing/hugging sick people;
- washing/gelling your hands frequently;
- getting **at least** 8 hours of sleep;
- doing the sleeve-sneeze;
- washing/gelling your hands frequently;
- getting an **INFLUENZA** shot!!!



- ✓ If you have asthma or use an inhaler – **PLEASE** keep it with you at **ALL** rehearsals!
- ✓ All performers need to be as physically fit as possible – exercise at least three times per week; do core-strengthening exercises; stretch after exercising.
- ✓ Take care of your feet – trim toenails, wear good socks (no holes), wear Band-Aids if you have blisters.
- ✓ If you have any weak or injured joints – come to rehearsal with an appropriate support (i.e. ace wrap, brace, sports tape) already in place!
- ✓ If you have a fever of 101° or higher, call the Band Director to see if it is appropriate for you to be at rehearsal.
- ✓ See Nurse Nancy *or* your own health professional for any questions or concerns 😊.

Your performance will be as good as you are feeling, follow these tips and you will feel
GREAT!