

THE BATTALION HEALTH AND WELLNESS PROGRAM

Your physical and mental health and wellness are essential to your ability to consistently perform at the peak of your skill. In turn, maintaining your physical and mental health and wellness depends upon finding the right balance between not doing enough and doing too much. Our Performance Strategies and Health & Wellness programs engage certified medical personnel to help you find and maintain that balance.

- Not doing enough/avoiding rehearsal/giving up too soon prevents developments of your skill, strength, and stamina and interferes with the progress of the entire team.
- Doing too much/over-exerting/ignoring symptoms leads to greater stress, illness, and longer recovery times.

HEALTH AND WELLNESS PROGRAM GOALS

- Evaluate members to compile a more complete medical history and information.
- Develop physical training protocols for injury prevention.
- Develop stress management and mental skills strategies to maximize performance.
- Provide evidence-based research education to members
- Members of Health & Wellness will be available to provide medical recommendations, education, and first aid, when appropriate.

PREPARING FOR THE SEASON

Please read through all of the material in this section so that you are familiar with the essential information you need to know. Make use of all of the physical and mental conditioning and training materials you will receive, and implement that information into your daily life as soon as possible.

EXERCISE AND DIET

Drum corps is a very physical activity. The more physically fit you are, the less likely you are to sustain an injury. We recommend working out between camps, to include: hiking, running, cardio, weightlifting, and core building. Males should maintain between 2-24% body fat, and females 10-31%. If you are above, the safe way to bring it down is by:

1. **Increasing aerobic activity** – If you exercise properly (aerobically), you will be able to exercise longer with less soreness AND you will experience a decrease in appetite for up to two hours after your workout; aerobic exercise also decreases stress and releases endorphins.

Aerobic activity is any exercise that will get your heart rate up between 70% and 80% of your safe maximum heart rate and keep it there for at least 30 minutes (NOT including warm-up and cool-down time). Check your pulse during exercise and maintain this level. Exercise AT LEAST three times a week.

Maximum heart rate formula: $220 - \text{age} = \text{MHR}$

Aerobic exercise range: $\text{MHR} - .6$ and $\text{MHR} - .8 = \text{PULSE RANGE}$

2. **Modifying your diet** – Start choosing healthy colorful alternatives, such as fruits and vegetables. If you increase your intake of fruits, vegetables and complex carbohydrates (i.e. beans, oatmeal, 100% whole-wheat bread, quinoa, barley, potatoes, sweet potatoes) you will have more energy and the calories will be burned more easily.

Decrease the amount of fat consumed (contained in red meat and dairy products) and sugars.

PRE-EXISTING CONDITIONS

If you have any type of chronic condition (e.g. joint or muscle injury, medical, or mental health diagnoses, etc), you will need to provide a letter from your provider to clear you to participate in this activity. When speaking with your provider, request their recommendations to include: medications, wraps, braces, continuing mental health sessions while on tour, etc. Be sure to bring your own medications, braces, wraps, etc.

If you have any type of allergy (bees, seasonal, medication, food, etc.) contact your physician for an EpiPen and/or inhaler in case of an allergic reaction. Learn to use the items in the kit before you leave for tour. Also please make sure you fill out the health questionnaire and inform us of all your allergies and food restrictions.

We recommend maintaining all pre-existing treatment and medications, including mental health therapy, over the summer. Please make sure that you have made arrangements for your prescriptions, virtual therapy appointments, and any necessary virtual doctor appointments ahead of time. You will need to advise the Health & Wellness team of any appointments, and make every effort to ensure that they take place outside of rehearsal time.

WHAT TO BRING ON TOUR

- The H&W team will not have any medications available! Please bring all medications (over-the-counter and prescribed), sunscreen and bug spray that you'll need on tour with you! It is recommended to bring the following over-the-counter medications (pending any allergies): Ibuprofen, allergy medication, Tylenol, DayQuil/NyQuil and Benadryl – along with your prescriptions!
- Shoe inserts will save your feet, ankles, knees, hips and back – they're a bit pricey but totally worth the investment! SuperFeet is a great brand: www.superfeet.com/en-us/green.
- Compression socks are also recommended to be worn on bus rides and after rehearsal - these assist in circulation decreasing leg/feet discomfort and swelling.
- You must bring a 1 gallon water bottle (or larger) to every camp and to every rehearsal while on tour. Be prepared to drink a minimum of one gallon per block, if not more (please review the hydration protocol/fluid intake recommendation)!
- A bandana/buff and a Mission brand, antimicrobial cooling hat! Bandana/buff to wet and put around your neck to keep you cool and the hat to keep your face, lips, and head from being sunburned. And to help maintain and regulate body temperature on hot days.
- Skin that rubs against other skin can create chafing or blisters – we recommend packing Gold Bond powder or Bodyglide to address these skin irritations early-on.
- Two – yes TWO – pairs of supportive athletic style running shoes. If you can only bring one, they should be in new or nearly new condition when you start the summer. They will get worn out!