



**Better Fitness = Better Marching =  
Better Sound**

**CLINICIANS:**

**Ben and Katie Proko**

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## Better Fitness = Better Marching = Better Sound

By Ben & Katie Proko

Texas Bandmasters Association 2015

In many cases, marching band is the only form of physical education (PE) some students will receive throughout high school. By improving the level of fitness of the students, they will be able to march better and more effortlessly- allowing for more energy to be put into the musical aspect of the performance.

Marching band is a great opportunity to instill a healthy lifestyle that will increase physical competence, health-related fitness, and self responsibility so that they can establish physical activity as a natural part of everyday life.

Fitness = the condition of being physically fit and healthy. Fitness is achieved by consistently eating a sustainable, nutritious diet and regularly participating in physical activity that optimizes daily performance and energy.

### Nutrition 101 for Marching Band Students

- Food selection should be based on what will make you feel better, think better and perform better.
- Eat as many whole foods as possible. (Fruits and Veggies)
- Avoid psychologically addictive foods.
- Avoid mega-processed, highly palatable foods that are flavor enhanced with added salts, fats & sugars.
- Avoid artificial sweeteners such as Aspartame.
- Drink more water and less flavored beverages
- Get into the habit of reading labels. If you don't know what the ingredients are- your body probably doesn't recognize them either.
- Don't skip meals.
- Eat a quality lunch. Your body needs the fuel for rehearsal.

### Key Exercises

Quality Warm-up for 5-15 minutes

Functional Exercises: 2-3 times a week

- Plank (20-60 seconds)
- Push-ups (5-20)
- Heel/Toe Walks (10-20 yards)
- Lunges (5-10 each legs)
- Grapevine (10-20 yards)
- Windshield Wipers (6-10)

### Lead by Example

Lunges



Plank



Push-ups



Toe Walks



Heel Walks



Windshield Wipers



Grapevine

