



Balancing a Better Body for a Better You

CLINICIANS:

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**HENRY B. GONZALEZ CONVENTION CENTER
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Building a Better Body For a Better You

Texas Bandmasters Association Annual Clinic and Convention

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The Profession

- Contributing factors to our daily decisions:
 - Time, daily schedule, “The Grind To Be Great”, serving all stakeholders
- The toll this takes on us mentally and physically is sometimes devastating
- How do we take back control of our lives so we can better serve others?
 - Establish some norms and be consistent with our choices
 - If you get off track, get back on
 - Don’t allow excuses to drive your daily life
 - If not for yourself, then for whom?

How Does My Body Work

- See a doctor and find out what your current status or condition is
- Living in fear of the “what if’s” only causes harm for the future
- Family health issues that you may be more susceptible to must be addressed with tenacity and dealt with head on. Don’t wait for it to consume your well-being.
- Track your vitals consistently:
 - Don’t check your weight daily; once a week is plenty
 - Invest in an accurate scale, body measuring tape, and camera
 - Keep a log of weight, inches, sizes, and fitness levels
- Spend time reading about how the human body functions. Work to dispel the myths so you aren’t giving up before you even start.
- Ask for help from others who may deal with similar issues.
- Fat loss pills don’t work. Proper diet and exercise on a consistent basis are the keys.
- Supplements are great when you know what they do, how they may affect your body, and when you get to a point that you need them.
- Take a daily vitamin no matter how young/old you are. Absolute necessity.

Healthy Living

- Invest in some short, simple books that explain food, exercise, and fueling your body
 - The Abs Diet by David Zincenko
 - Bigger Leaner Stronger by Michael Matthews
- Read articles on www.bodybuilding.com, www.menshealth.com (not just for men), www.muscleforlife.com
- Don’t be intimidated by muscle or physical fitness. It’s a personal journey and story that each of us will share or have. And no one is the same.
- Don’t “reward” yourself with food. Food is fuel. You have to change your mindset of eating for enjoyment and recreation to eating is part of my day and something that keeps me going. **Changing your mindset on the role food plays in your daily life is absolutely vital to your success and overall health.**

Exercise (cardio)

- Find something you can do/achieve that you enjoy and makes you sweat.
- Work to elevate your heartrate for 30 minutes a day, 3-4 times per week. Walking, jogging, cycling. Any kind of cardio that is consistent and sustained for at least 30 minutes. Once you begin enjoying or looking forward to your cardio, stretch it to 5-6 days a week. Everyone needs at least one day off.
- If you don’t enjoy the activity, you won’t continue or stay steadfast in your lifestyle change.
- Surround yourself with people who will support you and work alongside you.

Exercise (weight training)

- Weight training with proper help is vital. If you want to lose weight, start with cardio and commit to that.
- www.bodybuilding.com
 - Look under programs and simple beginner training. Establish a 3-4 day a week program and give it a month. Watch the videos on how to execute the exercises first, then go to the gym with a planned approach.
 - Take your plan with you to the gym and check the boxes. Use your phone, a notebook, or something that you can easily keep track of your physical sets and weight lifted.
 - Less weight, more reps when burning fat and building strength.
 - You'll ultimately find what works best for your body as you grow into this new life style.
 - Don't work off of a time at the gym, but a plan. "I spent 2 hours at the gym last night". It's the plan and correctly following the exercises, not the time.
- www.muscleforlife.com
 - Read the book, look at the pictures, and craft the workout that fits you.
 - Lift light weight with good form, executing the move correctly. This will pay big dividends.
 - 10-15 reps per set. 3-5 sets as your body allows.
 - Trust your body, as it will tell you when something isn't right.
- Track your progress with reps, sets, weight. This is vital for your mental well-being and positive approach to development.
- Ask for help, make friends, and watch the people who move slow and methodical. The biggest muscles aren't always the people you want to emulate.

Diet

- What roll does food play in your daily approach to life?
 - Fuel, enjoyment, visual appeal, etc.
 - Work to develop a relationship with food that is more business oriented and less pleasure.
- Portion control is one of the most important factors to weight loss and healthy living
 - Share meals when eating out
 - Limit yourself to "one round" at home opting out of seconds
- Veggies must be consumed daily
 - Work in one serving at lunch and two at dinner
 - Experiment at the farmers market to find things you enjoy
- Fruits can be consumed daily
 - Breakfast and lunch tend to be the easiest times
 - Experiment at the farmers market to find things you enjoy
- Continue to hydrate throughout the day
 - For good nutrition and for eliminating hunger pains
- Lose weight
 - Low carb/Low sugar/High protein
- Gain muscle
 - Low sugar/High protein
 - Consider supplements for protein and high recovery rates
 - Muscle burns fat. When you get your body to a higher muscle to fat ratio, your body works as it's designed.
 - It is imperative that you measure your muscle growth so you don't create mental confusion when you get on the scale. Your clothes may fit tighter because of increased muscle mass. Trust your measurements and what you're putting in your body.

Nutrition

- **WRITE DOWN WHAT YOU PUT IN YOUR BODY FOR ONE WEEK.**
 - Tally the numbers at the end of each day: calories, fat, sugar, carbs (plenty of apps out there)
 - It's almost an instant diet of guilt.
- How do I read a label?
 - <http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm>
- Serving size—make sure you know how many servings you're eating so you can calculate what is actually going in your body
- Educate yourself on what goes into food.
 - Calories—provides units of energy you receive from food
 - 40—low, 100—moderate, 400—high (general numbers)
 - Calories from fat—very important to track and moderate
 - Total Fat/Cholesterol/Sodium—keep these as low as you can
 - Dietary fibers/Calcium/Protein/Vitamins/Iron—work to increase these daily
- Not all fat is bad. Educate yourself on what the good fats do and how you can get them.
- Carbohydrates give you energy. Limit your carbs to clean and low processed. Low carb diets tend to burn weight much faster.
- Prepare your own food so you know exactly what you are consuming
- Experiment with cooking
 - Chicken, fish, turkey dishes
 - Beef in moderation
 - Vegetables can be prepared a number of different ways
 - Fruit can easily become an entire meal or a dessert

Goal Setting

- Be realistic about your weekly/monthly/yearly goals
- Hold yourself accountable through tracking and hard evidence
 - Scale/Clothes/Body Measuring
 - Create a chart that lists your weight, shirt/pants size, measured areas (arms/chest/waist/hips/thighs)
- Don't set all of your goals until you know your body a little better and what's realistic
- Give yourself attainable monthly goals that you can hit, while stretching yourself for the future
- Be willing to miss, but motivated to stay on track

Time Management (physical)

- **YOU HAVE TO MAKE THIS PART OF YOUR DAILY ROUTINE**
 - Exercise, nutrition, and healthy living is a lifestyle change, not a goal or event
- Morning or Evening
 - Try doing a week of each and determining when your body best responds.
- Create physical fitness opportunities that you look forward to
 - Walks with friends, jog with your dog, lifting with partners, cycling with a group
- If you miss a day or come up short one week, stay constant with your nutrition

Healthy Mental Living

- **Take time for you!**
 - This is the key ingredient to being your best and being able to serve others
- Schedule your down time so it actually happens
- Don't allow yourself to always be on call
 - Turn off your devices, unplug, and find something that isn't "education"
 - Do it for those around you who need you to be present
- Work from home on the emergency items. If it's that important, maybe you should have stayed at work?

Mental Success and Professional Measuring

- Music Education is absolutely a “Keeping up with the Jones’s” profession
- Don’t allow other peoples definition of success to define your program or your personal success
 - We all want to model our programs and products after the very best. But there are many factors that play a role in those other programs success. The givens are not always the same from program to program. Take your product, your students, where they are, and work from there. Focus on their growth and you all will be happier.
- Teach with purpose and balance. Everything else will fall into place.
- Evaluate your program on a consistent basis
 - Fall/Spring, monthly, or by music events (marching/region/concerts/S&E/etc.)
- Find quality mentors and individuals who do “it” the right way. Ask for help and support when you feel like you’re spinning your wheels. Above all, stay focused on your kids and your program. You’ll never go wrong when you do what’s best for your students.

Defining Success

- This will change as you grow in the profession and throughout your career
- Take inventory on a consistent basis to ensure you are doing what’s best for your students
- Are you teaching to the trophy? Do you come up short? Have the kids begun mirroring your goals instead of what they truly want out of their musical experience?
- When we teach kids that competition is an opportunity and not always “the” outcome that we must measure all things by, we teach them about humility and growth.
 - Competing allows us to rank our products against others in our area/division/arenas
 - Competition should be for the sake of performance and evaluation
- It’s ok to dream and have goals as a music educator. Don’t allow those dreams or missed moments to drive your career or affect your teaching. “Was performing at TMEA an opportunity for the kids and community to be highlighted or was it an opportunity for you to be admired?”
- Define your “whys” when you choose to enter or compete in anything. Explain those reasons to your stakeholders so a unified philosophy and vision can be established and grown.

Time Management (professional)

- “It will still be there tomorrow you know.”
 - Create your daily plan, be flexible, and complete the “have to” items. Then go home.
 - Reevaluate the next day and pick up where you left off
 - Plan time throughout your day to handle the little things
- Delegate. Trust. Walk away.
 - Allow colleagues an opportunity to share in the programs growth. Give them opportunities to support and invest. This will only be a win for you and them.
- **BE FLEXIBLE**
 - Don’t allow mistakes or misses to cause you to get further behind. Remember what we always tell our kids for auditions or performances? *“If you miss something, recover and keep going.”*
- Honor your commitments at work and at home

Taking Care of Yourself

- Make time for things that bring you joy outside of your profession
- Do something daily that makes you happy
- Take personal risks that may open new doors for your happiness
- Fill your personal bucket back up so you can continue to give your best to others