

# Playing at Peak Performance

Playing an instrument and maintaining good posture place demands on a body equal to running a 5K or working out in a gym.



By Dan Young



## PLAYING AT PEAK PERFORMANCE

Some days, when you are getting ready for band practice, do you ever feel that it is going to be a challenge to get through it? Your energy level is already in the tank, just the thought of spending the next one to two hours holding an instrument while drilling on the field is exhausting. Now, as we move into the dog days of summer and the temperature begins to rise, exhaustion may become a reality.

Many people don't realize this, but playing in a band is hard work. The hours and hours of drilling, playing an instrument and maintaining good posture place demands on a body equal to running a 5K or working out in a gym. It is critical to get your nutrition right if you truly want to be hitting those high notes.

When we ignore nutrition, our body has no choice but to try and maintain balance. So it steals the nutrients it needs from other sources within your

body (i.e. organs, tissues, muscle, etc.) to satisfy its present needs. The problem is, other areas of the body now suffer and we really never build the strongest body we can. This situation is exacerbated when you workout and play in a band. You place demands and stresses on your body that requires proper nutrition to recover and all too often we ignore that very important window of time following a workout.



For example, when you workout you use much if not all of the stored carbohydrates held within your

muscle cells. If you recover quickly by replenishing your glycogen after a workout, a surprising thing happens. Your body's muscle cells re-volumize with glycogen keeping your metabolism and energy level high which in turn allows your body to continue burning fat and build muscle. In addition, you are able to have much greater endurance levels the next time you workout and throughout the day your energy levels will be higher.

## THE SOLUTION

Don't skip those meals throughout the day, starting with Breakfast everyday, then every 2.5 hours, especially following your last meal. Eating 2-3 hours before band practice or an event is critical to having enough stored glycogen to sustain you through the workout, but more importantly, consume a liquid post workout meal within 30 minutes of playing your last note will keep your metabolism and energy level high allowing you to have a better workout the next time.

Timing is everything folks, don't necessarily bring more calories in a day, just timing them differently will make all the difference in how you remodel your body and how you perform on the field.

## Eat well and remember, you are what your food eats!

Dan Young is President and CEO of Performance Food Centers, Corp. He is certified in personal training, sports nutrition and is a triathlete. He has competed in Body Building as well as Endurance Sports Activities. Accomplished in juice bar concept and design, he applies this knowledge to whole-foods nutrition and the efficiency to serving them.

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