



## Stay Healthy to Stay Sharp

At times, we trivialize the importance of taking care of our bodies as musicians. We may not realize how much it can impact our musicianship. As a singer, I

have learned that my singing voice reflects how I am feeling that particular day. This applies to instrumentalists as well. Performing and practicing are tasks that engage both the mind and the body. A

student who is feeling sick or running low on sleep often will not make the most of their lesson or practice time. As we all know, lesson times are very short. Often, the instructor and student only have thirty minutes together per week. It is crucial that both

student and instructor are physically and mentally ready for a fast paced lesson. The tight schedules of musicians and students can make living a healthy lifestyle seem nearly impossible! However, prioritizing care of the body and mind is the first building block to healthy, successful musicianship. Both teacher and student should not neglect the following in their daily routines:

**1. Exercise:** Even something as simple as getting out and going for a walk can do wonders for the mind and body of a musician. Exercise relieves the stress that gets in the way of productive musicianship.

**2. Rest:** Students who come to their lesson time exhausted get

little accomplished. The student easily loses focus and works at a significantly slower pace. (Which is difficult when you only have thirty minutes together once a week!) Seven to eight hours of sleep a night is imperative.

### 3. Healthy Eating & Hydration:

Students who eat healthy maintain higher energy levels and are more prepared for a high-intensity lesson. Hydration is particularly important for singers!

Incorporating these few healthy habits into our weekly schedules sets both instructor and student up for good attitudes and optimal use of lesson and practice time.

-Randi Wooding  
*Voice Instructor*



### STUDIO HOLIDAY

San Antonio Music Academy will be closed **Sun, November 23rd - Sun, November 30th** in observance of the Thanksgiving holiday. **Lessons will resume Monday, December 1st.** We wish everyone a safe and happy holiday!



### Winter Recital 12/14/14

Now is the time to sign up for the Winter Recital! Sign up is available in studio till December 6th! You may also sign up online. Online registration will be available the first 2 weeks of November only, so sign up quickly!

