

# Tips for surviving the Summer Heat (And Marching Band)

**Hydration is the single most important factor in staying healthy in the heat.**

Marching Band requires a high degree of mental and physical effort. Even slight dehydration can have a negative impact on your ability to concentrate and perform in the heat. Drinking water on breaks during marching rehearsal is not enough. You must get in the routine of drinking enough water, eating well and getting enough rest all day to avoid problems with the heat!!

## **Daily Routine:**

As soon as you get up in the morning: **drink a large glass of water.**

Eat a healthy breakfast! Don't be one of those people who "never eat breakfast"! You will feel lousy after just a little while at Marching Band practice.

**Drink at least one more glass of water.**

Avoid too much dairy and acidic food. Milk on your cereal is fine but drinking several large glasses of milk can do interesting things later while you are outside in the summer sun. Fruit is great, but too much acidic fruit can cause a stomach upset.

**Drink large glasses of water all day long!**

**Before you leave for band, drink a glass of water.**

At Marching Band Rehearsal, bring a water bottle FULL of water (at least 1 quart sized) and drink at every break. When you run out, refill it at the Igloo Jugs we have at every practice.

After Practice, **Drink a large glass of water!** Eat a Healthy Lunch. Sandwich, fruit, drink water.

Avoid fatty foods at lunch. They can make your stomach queasy.

Before you leave for evening practice, **drink a large glass of water!**

Refill your water jug. Drink at every break.

**After Practice, Drink a large glass of water!**

Eat a good dinner. Try to drink at least two large glasses of water in the evening...even if you do not feel thirsty.

Get to bed!! You expend a lot of effort during marching practice. Your body needs rest to perform at its best.

If you get a headache, you have not been drinking enough water! A headache in the morning when you get up is a sure sign that you have not been drinking enough water. You don't need Advil, you need WATER!