

# STAYING HEALTHY WHILE ON TOUR



## MUSICIAN SPOTLIGHT:

### How I Stay Healthy on Tour

by Robin Barnes



"Stay hydrated! When touring I've realized that traveling *really* dehydrates you which can result in a sore throat and exhaustion. As a vocalist, I can't have either happen to me before a show.

Life on the road is exhausting. A recent [study](#) published in the [Guardian](#) exposed the "dark side" of life as a musician on the road. Psychological issues, illness, poor nutrition, lack of exercise and trouble with sleep were common issues among touring musicians.

Staying healthy on the road can be a challenge but IS possible. The NOMC is here to help.

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**As performers, physical and mental wellness are paramount. Here are a few ways to keep yourself in tune and gig ready!**

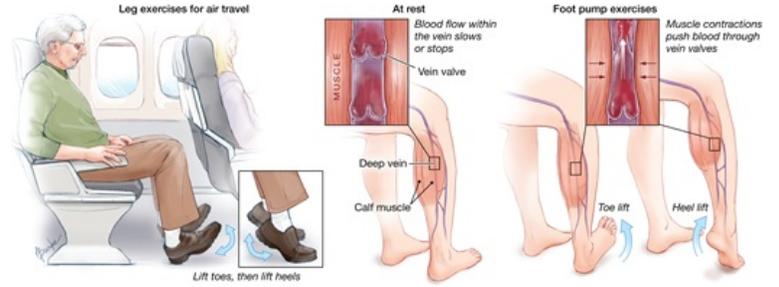
## STRETCH AND MOVE

Long travels in cramped spaces can cause pain and discomfort. Keep moving! Try a quick 10 minute yoga routine or some stretching to boost energy levels, combat anxiety and help your body adjust.

body adjust.

Now, every time I fly I make sure to have bottled water or 3- 4 cups of water. Drinking lots of water will have you feeling amazing and fully recharged to enjoy the day and gig that night."

*Robin Barnes is a New Orleans jazz singer and founder of activewear brand [Fit By You](#). Catch Robin at this weekend's [Satchmo Fest](#) in New Orleans!*



Every time you fly, do your routine of these 5 stretches to avoid embolisms.

## HYDRATION

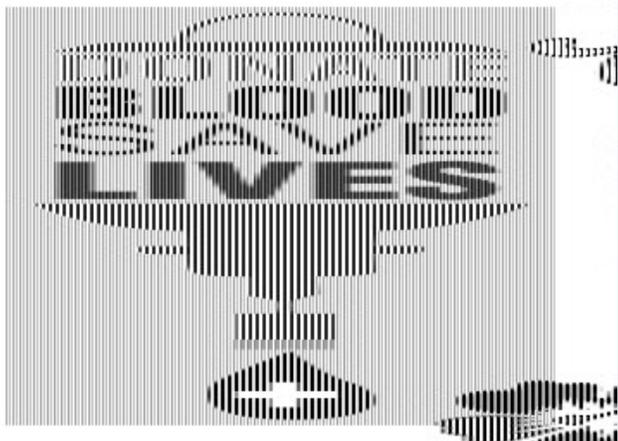
Drink 50%-67% of your body weight in oz each day, and more when flying! Water is known to reduce headaches and anxiety, improve concentration and energy levels.

Get a reusable water bottle, your body will thank you!



To get a specialty NOMC Water Bottle and participate in our Water Challenge, [follow this link](#).

## SAVE THE DATE!



## SNACK BETWEEN MEALS

Bring healthy snacks on the road and avoid eating junk food late at night. *Musicians' Clinic* picks: a protein bar low in sugar, fruits and veggies, roasted nuts.



Also, try to locate **healthy** late night food options near your gigs. [Eat Fit NOLA](#) is a good local resource.



## SLEEP

Getting good rest on the road can be challenging. No matter what, your body needs it. Try to get in 8 hours of continuous rest as often as you can - no matter what time of day. Adequate rest has huge effects on anxiety and brain function. [Refer to our website for helpful tips and detailed info on making your sleep count.](#)

## GET CHECKED

See your medical provider and get a physical exam at least once a year. The NOMC is here for New Orleans musicians -



make an appointment by calling [504-412-1366](tel:504-412-1366).

Click to sign up or learn more

*\*NOMC patients have access to their medical records anytime, anywhere while on tour through our online Patient Portal.*



**New Orleans Musicians' Clinic (NOMC) and Assistance Foundation (NOMAF)**

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