

STAYING HEALTHY ON-SET

By Michelle Brezinski

WEATHER CONDITIONS – Dress for the climate and stay safe from heat stroke, hypothermia, and sun stroke. Performers can prevent these very serious workplace injuries by wearing the appropriate footwear, layering for the cold, shielding from too much sun, and drinking water.

Dizziness, cramps from either dehydration or extreme shivering and/or an upset stomach tend to be the earliest symptoms of the above weather related injuries.

HEALTHY FOOD CHOICES - So much junk food is available on-set and many performers tend to snack constantly while waiting for their next scene to be shot. It will pay off for you by making better choices when visiting crafty. Ask for cheese, or whole grain bread and peanut butter, and bring something to set in order to keep you occupied instead of chronic snacking.

Save your appetite for the catered meals as they tend to be healthier.

TOO MUCH CAFFEINE – Dehydrates you, spikes and lowers your blood sugar which contributes to moodiness and makes it hard to sleep after a late night on set, so pace your coffee and tea.

TOO MUCH SITTING – Your body needs to move and on-set we do find ourselves sitting for too many hours. This can contribute to circulatory problems, reduce body temperature, stiffen your body's muscles, and impair your body's oxygen levels leading to sleepiness and crankiness.

So get up, stretch and move around outside of the holding tent as often as you can.

HEALTH TIPS = BETTER AUDITIONS

EAT BEFORE AN AUDITION – Low blood sugar will lead to a spike in adrenaline which then turns into a fight or flight response. Being calm in an audition means you're in control not your body's chemistry.

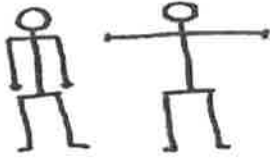
TOO MUCH CAFFEINE – Seems like a good idea when your audition calls for lots of energy but be aware that the audition itself is going to raise your adrenaline. Too much adrenaline has the potential of clouding your memory and impacting your fight or flight. You may come across as too nervous and/ or even hostile. It's not you – it's your body's chemistry.

SLEEPING ON YOUR LINES – Memorizing your lines the night before and then sleeping on them actually improves your chances of remembering all your lines. During sleep your mind transfers the day's memories into your brain's long-term memory compartments.

BODY TEMPERATURE – Has the potential of ruining your audition. Too warm and you become sleepy and docile. And too cold can cause dizziness and muscles shivering. A comfortable body temperature means your body's chemistry is not interfering with your audition.

EXERCISE YOU CAN DO ANYWHERE

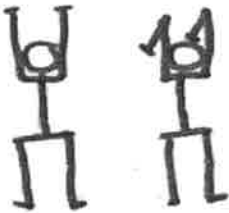
Shoulders Side Raises



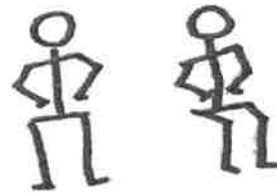
Bicep Curls



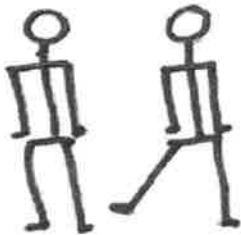
Overhead Tricep Extensions



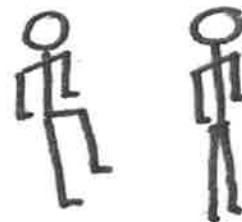
Mini Squats



Side Leg Raises (L & R)



Frontal Leg Lifts (L&R)



Back Leg Extensions (L&R)



Calf Raises



A set is a completion of all eight exercises. And a repetition is a number of times you do each exercise. Try and complete 2 sets and 8-10 reps per exercise. Remember that you may have a right and left side to do of certain exercises. Do one side first and then the next side after. Breathe in before movement starts and then breathe out while moving. Exercises can be done throughout your day on-set. Stop if exercises cause any discomfort.