

How to Maximize Your Vitality, Productivity and Creativity Via Health and Fitness Practices

JEN Panelist Notes

Matt Townsend

<https://www.musicianfitnesstrainer.com/>

1) Establishing trust through consistency

Show up as the most consistent version of you, the most consistently creative musical performance, trusting your own consistent gig prep protocol, consistently early to the event, consistently prepared musically, etc. The opposite of consistent in these areas is a recipe for a failed music career.

2) Use the 3-point gig quality format to assess the job value for yourself

1. Music quality 2. Musician quality 3. Pay quality

The gig only being 1 out of 3 is rough, 2 out of the 3 is better, 3 out of 3 is the dream gig, and where you should REALLY push hard to be your best. Gig quality allows you to better plan by preparing as many components THE DAY BEFORE when possible, freeing up time the day of the event to workout, warm up your instrument and hopefully arrive to the gig early. (Again - be consistent)

3) Manage your energy with the "12-hour rule"

You'll likely average around 12-hours of energy upon completion of the workout. If your gig ends at 12, and it's 90-minutes drive home, when possible, workout no earlier than 1 or 2pm.

4) Balance your overall health program with strength, cardio, nutrition and sleep.

Generally when one of these qualities are missing, you're at a disadvantage with making any progress on your health. When possible, avoid longer endurance cardio the day of your gig/creative venture, as rehydrating takes more time than most people understand. Instead, aim for strength training or cardio intervals if possible. (*All depending on your own personal gig routine)

5) Practice your gig routine protocol on days you're not having a bigger gig, as to better prepare and understand the context and timing for when you are working. Don't get ready - stay ready.

Suggested reading: "The Art Of Resilience" by Ross Edgley; "Core Performance" by Mark Verstegen; "The Power Of Full Engagement" by Jim Loehr and Tony Schwartz

Lauren Sevian

<https://www.laurensevian.com/>

In terms of books, David Goggins "Can't Hurt Me" has been a huge source of inspiration for me. When he speaks to the mind wanting to give up before the body does...that is the biggest takeaway for me.

Whenever I'm out on a long run I always think about that, the mind always wants to stop before the body is ready to give out. It rings true for me pretty much every time! He also talks about "callousing" the mind and mental toughness. It's a reminder to me to push everyday to keep my mind healthy!

Websites: runnersworld.com of course!

Adding strength training to my routine has helped EVERYTHING in my life, from running, yoga, playing music, and TRYING TO STAY CALM. Also doing the food logging has helped me keep track of my macros much better. But it's more about accountability than anything! Plus feeling GOOD is a huge plus.

Robin Eubanks

<https://robineubanks.com/>

BE A GOOD PERSON

We are people FIRST

We are PEOPLE who study and practice and perform music

Striving to be a good person will assist in your overall mental health and fitness

It will also help you get more work which will can lead to improved mental health.

DIET

I've basically eaten the same way since I was 19

NO: Meat, Refined sugar, Dairy, Added salt, Soda, MSG or other additives

I've been vegan from time to time and I'm always curious about things that will enhance my diet.

For the last month and a half I've started eating Sea Moss and following Dr. Sebi's nutritional guidelines

EXERCISE

I work out regularly, from 4-6 times a week with Cardio, Weight training and stretching

I play best when I'm in strong physical shape. Stylistically, I tend to approach the trombone very physically and I play a large bore horn, so I need a lot of air and to be in shape.

SPIRITUALLY

I've been a Buddhist for 38 years. I chant twice a day. Everything that I do is filtered through Buddhism.

It is my compass. It helps me understand who I am. It helps me understand my relationship to other people, to the environment and to my music. Some people who you may be aware of who practice the same Buddhism that I practice are:

Herbie Hancock, Wayne Shorter, Buster Williams, Kenwood Dennard, Steve Turre, Tina Turner and towards the latter part of their lives Michael Brecker and Ralph Peterson. Buddhism appealed to me because chanting sounds like music. When chanting with a group pf people you hear Rhythm and Harmony.

It teaches you to take responsibility for what happens in your life and not to blame others.

Based on your karma, your current situations are due to Causes that you made before. If you want your future to be better or different, you have to make Causes NOW to get that Effect in your life. That concept can be applied to my exercise, if I want my body to be stronger or look different, to my diet, if I want to be healthier and to my practicing and composing music, if I want to play better or want the music I write to sound the way I intended. That's why I say I filter everything I do through Buddhism and that it is my compass.

It definitely contributes to my overall health and fitness.

Check out: www.sgi-usa.org