

Flute Fitness Notes

Remember: Musicians are Athletes!

Devote the first hour of each day to Fitness.

Find a fitness friend: human, canine, or both!

Aerobic Work out: start $\frac{1}{2}$ hour 3 days a week and build from there. Choose from Walking, Running, Swimming, Biking.

Buy a Physio Ball and sit on it to practice.

Strength Training: find a Personal Trainer!

Get a Power Lung!

1 hour of vigorous exercise = $\frac{1}{2}$ hour of flute warm-up time.

Stop saying "if only I had the time". If I want the time, I'll take it!

Flute Fitness Bibliography

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