

# Reilly Ledbetter

## How hard is it physically to be in the marching band?

0:06

It's a lot harder than people would think. During our summer band week, like right now, we're out here from 7:15 in the morning until 9pm at night, with only, like an hour to an hour and a half lunch breaks, and we're doing physical activity for like, three, three hours at a time. It's a lot of physicality moving forward and backward, and you use a lot of muscles in your upper body to keep yourself upright, and it's a lot harder than people would think.

## What do you do to stay fit?

0:39

Me personally, I like to, I like to run and do workouts outside of band. But every rehearsal that we do during the semester is a workout in itself. We're catching, like a lot of people catch up to 20,000 steps a day out here, even more so, especially those that go march and Drum Corps and stuff they're hitting like 1000s and 1000s of steps every day.

## Can you talk about the environmental factor?

1:07

I'm from Lubbock, so I'm really used to this dry heat. But a lot of people, obviously coming to college are not from this area, and so they're having to adjust to the dry heat the UV index gets, it feels a lot higher here, and the sun beating down in you gets really tough. We actually have a first aid station, like right inside the School of Music, the doors when you first go in. We've got fans set up, and we've got aloe for everybody. We've got like Pedialite and different kinds of waters and everything that we can to keep people safe and hydrated. Because it's tough. It's tough out here so.