



# THE FIRST ACT

FOR ALL OUR PERFORMING ARTISTS

## TAKE CARE OF YOUR OWN HEALTH

Performing artists bring so much to our lives.  
Inspiration and aspiration. Joy and drama.  
Dreams and escapes.

But the first act of the performing artists should be to take care of their health. Neurological disorders, musculoskeletal conditions, voice and hearing disorders, anxieties, stress, substance abuse, and other health issues are frequently related to actors, dancers, singers, musicians, and other performers.



Visit the Athletes & the Arts website to find out more

[www.athletesandthearts.com](http://www.athletesandthearts.com)



# Integrating the Science of Sport *and the* Performing Arts

Athletes and the Arts links the communities of sport athletes and performing artists through collaborative exchange and programs focusing on wellness, training and performance research. Athletes and the Arts recognizes that many performers are athletes whose health and performance can benefit from knowledge, programs and techniques developed for sport athletes.



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