

From “The Professional Balancing Act”

# Healthy Tips

## 7 Deadly Sins of Music Teachers

- 1. Not Sleeping Enough**  
*(4 hours during the week and 11 on Saturday doesn't even out)*
- 2. Not Drinking Enough Water**  
*(Diet Coke isn't Water)*
- 3. Equating Fitbit Steps with Health**  
*(19,000 steps on concert day won't fix a bad diet)*
- 4. Not Working Out**  
*(Lifting and Cardio save lives)*
- 5. Eating Convenient Food**  
*(Wendy's will stay in business without you)*
- 6. Stressing What's Outside One's Sphere of Control**  
*(Students spend 97% of the time outside of our classrooms)*
- 7. Not Knowing One's Real Purpose**  
*(Trying to impress people who don't like you isn't serving students)*