



# Welcome to the 2018-2019 academic year, NEC!

As part of a new emphasis on student health and wellness this year, we have partnered with the local YMCA (right next to campus!) to offer a FREE 2-week trial membership to our students, and a discounted rate for a regular membership thereafter!

Enjoy unlimited access to the great facilities and activities that the YMCA offers including:

- Group Exercise classes
- Swimming Pool
- Handball Courts
- Fitness Area
- Basketball Gym

The FREE 2 Week trial membership for NEC students may be redeemed any time before September 14. If you want to continue your membership at the YMCA, you will be eligible for a discounted rate, and the joiner fee will be waived!

## STUDENT MEMBERSHIP

Joiner Fee ..... **\$0** for NEC Students

~~\$25~~/adult

To purchase a membership after the 2-week trial has ended, please visit the front desk to sign up. For more information, call the Y at (617) 927-8060 or email Kyle Shaw at kshaw@ymcaboston.org

## 6 WAYS EXERCISE CAN HELP YOU BE A BETTER MUSICIAN

- BETTER BREATHING**  
Regular cardio exercise can have a huge positive effect on a person's ability to breathe efficiently. It can actually be immensely helpful to nearly any performer because easier breathing allows a more energetic and controlled performance.
- IMPROVED POSTURE**  
Even the worst posture can be improved by regular core exercises and other muscle-strengthening workouts. For example, planks, crunches, and yoga can be very beneficial.
- STRENGTHENED MUSCLES**  
All musicians can benefit from strength-training exercises. Try lifting small dumbbells in a variety of ways to build and maintain muscles in your arms.
- INCREASED COORDINATION**  
Exercise can help musicians further develop and fine-tune their coordination. The best workouts for this area include balancing exercises – such as standing or hopping on one foot – or jumping while completing a 360-degree turn.
- SHARPER THINKING**  
Regular exercise helps keep your mind clear, essential for learning new music and performing it well. Almost any form of movement can help in this area. That said, outdoor workouts such as jogging, or yoga are especially beneficial.
- INSPIRED MUSIC MAKING**  
Exercise releases endorphins in your brain which help stimulate happy thoughts and push signs of depression out the door. If you are in a rut and feeling uninspired, try going for a run or walk.

Information taken from [www.musical-u.com](http://www.musical-u.com)

This NEC student benefit has been made possible by a partnership between the NEC Student Housing and Activities Center (SHAC) and the Huntington Ave. YMCA, located at 316, Huntington Ave., Boston, MA, 02115.