



TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER™

# News Release

performer can burn up to 5,000 calories per day. The average performer can march up to nine miles in the course of a day and can lose approximately seven pounds over the course of a marching season.

Drum majors, as student leaders on the field, look out for their fellow band members. That means doing warm-up exercises and stretching and encouraging students to visit the indoor first aid cooling station whenever they start to feel the effects of the heat.

, said.

Originally from Houston, Garcia said he drinks plenty