

SELF-CARE FOR PIANISTS OF ALL AGES

Nutrition for Pianists:

Joint Health, Performance Anxiety, Energy Levels, and More!

Evan Engelstad

3:00 PM

The Self-Compassionate Musician:

Strategies to Promote Well-Being in Difficult Times

Jessica Johnson

4:00 PM

Playing Deliciously:

The Legacy and Teachings of Dorothy Taubman

Benjamin Steinhardt

5:00 PM

Workout for Musicians

Young Bae Park

6:00 PM

Nutrition for Pianists: Joint Health, Performance Anxiety, Energy Levels, and More!

Did you know that what you eat can affect your joint health, performance anxiety levels, endurance, mental focus, immunity to diseases, and more? Certified Nutritional Therapy Practitioner and Assistant Professor at Indiana University of Pennsylvania Dr. Evan Engelstad shares nutrition guidance for pianists. He delves into the following topics: (1) choosing healthful foods; (2) the importance of digestion to overall health; (3) how nutrition can relate to common musician health challenges; and (4) recipes for two traditional foods that every pianist should eat regularly.

Dr. Evan Engelstad is an Assistant Professor of Music at Indiana University of Pennsylvania, where he teaches private piano lessons, Class Piano, Jazz Piano, and Piano Pedagogy. Engelstad also teaches piano lessons for the IUP Community Music School, accompanies university choirs, and serves as rehearsal pianist and musical director for opera and musical theater productions.

Engelstad holds a BA in music and physics from Willamette University and has earned MM (Piano Performance) and DMA (Piano Performance and Pedagogy) degrees from the University of Wisconsin–Madison. In addition to performing solo and collaborative classical music, Engelstad enjoys playing gospel, salsa, and jazz keyboard styles. Engelstad is also certified as a Nutritional Therapy Practitioner and helps busy musicians take control of their health through nutrition and lifestyle support.

