

STUDENT WORKSHEET 10

THE WELL-BEING OF A PERFORMER



CAMERON MCALLISTER IS AN ENSEMBLE MEMBER AND FIGHT CAPTAIN IN **BACK TO THE FUTURE: THE MUSICAL** IN LONDON. WE ASKED HIM ABOUT HIS PROFESSIONAL PRACTICE AND HOW HE LOOKS AFTER HIMSELF PHYSICALLY AND MENTALLY ON A DAILY BASIS. THESE WERE HIS TOP TIPS:

1. NUTRITION IS KEY

The most important part is how you look after yourself in regards to diet. Everyone does it in different ways but what's really important is that you eat a lot. Because the amount of calories you're burning off throughout [each show] is pretty considerable... I have a massive breakfast, porridge, raspberries, strawberries, loads of fruit and on a typical show day I would have a big dinner before the show and a big dinner after the show so I have basically two whole dinners!

2. GIVE YOURSELF A BREAK

As a performer it's about looking after yourself and making sure you're not doing too much outside of work. Because if we're doing all that cardio and all that physical work [in the show] it's actually about looking after yourself and making sure that on your days off you're giving yourself a bit of a break, because if you don't that's where you start to fall. And if you aren't looking after yourself outside the building that where it's really going to catch up with you.

3. UNPLUG

I recently took three days off and I got massive FOMO. My phone was still on and I messaged my assistant fight captain... I was messaging her 'what's going on? What am I missing out on? Tell me what I'm missing out on.' I found it really difficult. And I eventually managed to relax but it took some time and in all honesty it wasn't nice. So the next time I take my holiday I need to really make sure I turn that phone off, take some time to myself and really look after myself.

4. GET A CHANGE OF SCENERY

I love working in London. The big metropolis of London is incredible, I think it has probably the best atmosphere of any city I've ever been to, it's quite incredible. But on my day off it's nice to get outside of that for a single day. For that one day it's nice to get outside, get into a nice quiet area and detox for the day.

5. OPEN UP

It's just really important that you talk things through and don't bottle things up. Just make sure you talk about what's going on because it makes it much easier. If you're having a bad day speak to your dressing room pals because no one's judging you... Everyone has a bad day and it's really important that as a company - and I think this company does it so well - is that we all really look after each other.