

# Vocal Health

## Exercise + Rest + Nutrition + Moderation + Will + Attitude

1. Exercise hard enough to double your heart rate. Stretch and strengthen legs, arms and back. Do plenty of abdominal exercises. Practice correct posture. Practice vocal exercises daily, starting long and slow to energetic and fast.
2. Relax ten minutes, three times a day. Breathe. Some singers practice meditation.
3. Get 7 to 8 hours of sleep a night.
4. Do not scream or yell. Avoid situations where you have to talk loudly to be heard. Avoid forcing the voice, this leads to tired voice syndrome, and eventually to nodes or tears in the vocal folds.
5. Do not smoke or be around tobacco or marijuana. These are drying and constricting, not to mention dangerous.
6. Do not drink alcohol, black tea, or coffee.
7. Do not take anti-histamines or aspirin. Cut up large vitamins to swallow easily.
8. Avoid eating nuts, ice cream, sugar, chocolate, or any mucous stimulating foods. Eat a balanced diet to maintain your best weight and keep the body working smoothly. Remember, your body is your instrument.
9. Avoid air conditioners or excessive dry heat. When dry throat occurs, gargle with a saline solution of one teaspoon salt to one quart water or drink a soothing herbal tea like Throat Coat or Songbird Tea. Some singers like to sleep with a humidifier going all night.
9. Drink plenty of luke warm pure water. This keeps the throat moist and avoids water retention and bloating which can affect the vocal chords.
10. Believe in yourself. Be enthusiastic. Give and receive willingly.
11. When ill, rest and drink plenty of clear liquids. Do not sing with a bad cold which may lead to laryngitis and forcing the voice. Avoid being around other singers and spreading germs. Wash your hands often. If a cold or flu persists, see your doctor.