



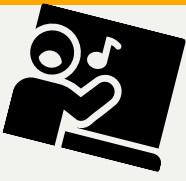
10 tips to help you

KEEP YOUR VOICE HEALTHY

1. MAKE SURE YOU ARE HYDRATED

Proper hydration allows our body to create a lubricant on the vocal folds. This lubrication allows the vocal folds to move more smoothly (and they move thousands of times per minute).

The recommended amount of water is between 8-10 glasses a day depending upon weight, vocal use and other beverages consumed.



2. WARMUPS EVERY DAY

It is important to do a proper warmup at the beginning of each day before speaking/singing. Warmups should begin with gentle exercises that focus on air flow and a small comfortable range and gradually increase in demand throughout the regimen.

3. PACE YOURSELF



You wouldn't expect to run a marathon without training for it incrementally. The same should be true of your vocal demands.

If you need to sustain through a 2 hour show, start by singing 30 minutes a day. Gradually build up your stamina rather than jumping directly into long stretches of vocal use!

4. GENTLE STRETCHES DAILY

Because our instrument is internal, it is connected and influenced by the other muscles and tissues surrounding the larynx.

Pay attention to the tension in your neck, jaw shoulders and ribcage. Gently stretch slowly with low and released breathing. You might notice an immediate difference in your singing!



DEDICATE TIME TO YOUR CRAFT!



5. DIET CAN MATTER

Certain foods may cause inflammation or indigestion. It is important to pay attention to how your body responds to foods and make adjustments as needed.

6. HOW LATE IS DINNER?

If you eat too close to bedtime, you increase the risk of acid reflux. Try and eat 3 hours before bedtime and prop up the head of your bed if you are still suffering from heartburn.

The acid can inflame the tissues in the esophagus, pharynx and can even reach vocal folds!

7. ALLERGIES?

Most of us suffer from seasonal allergies at some point! You may notice that your vocal quality is affected by allergies. Make sure you find a medication that does not cause excessive "drying out" as this can change your vocal quality.

8. HUMIDITY

Notice a theme here?!?

A dry climate, Air conditioning, heat in winter, can all cause the air to lack humidity. This can reduce vocal tone.

You may want to invest in a humidifier for your room or a portable one for touring. Your voice will thank you!

9. COOL DOWN

After a long day of speaking or singing, it is important to cool down the voice just as you would cool down your muscles after an intense workout!

The cool down should consist of glides, hums, and gentle exercises that stay within your most comfortable range.



10. KNOW WHEN TO VISIT A SPECIALIST

If you notice a change in your voice that lasts 2 weeks or more and is not due to a known cause (like illness, allergies, etc), it is time to have a specialist look at your vocal folds.

General practitioners do not have the tools or understanding of the voice to properly diagnose and advise you. It is best to find a Laryngologist or an ENT who specializes in working with singers and public speakers.

Visit www.FlameleafVocalAcademy.com for more tips, warmups and vocal courses.

