

Health Tips for Sweet Adelines

A Quick Tip for Singers

Did you know that the acidic properties of a lemon and an orange are different? You may experience difficulty singing after drinking orange juice because of the thick phlegm the body produces to digest it. Lemon, however, is a natural mucolytic.

Did you know?

...music has **healing powers**? Studies show that music creates changes in metabolism, circulation, blood pressure, and moods!

...the benefits of music increase when you are an active participant?

...participation in activities such as singing provides an escape from everyday problems, helps improve circulation, and quickens senses?

...the voice is a powerful instrument? While singing you are communicating with a **higher intuitive awareness**!

...singing can strengthen our **self-confidence** and self-evaluation of social worth?

Health matters!

As a singer, the body IS the instrument. If the muscles are weak, if energy is low, then the voice doesn't have a chance. Exercise is as important as practice time. If you only have 10 minutes a day, spend that time working out rather than practicing.

Excuses and responses:

- "I'm too tired to exercise." Take 30 minutes of sleep time and exercise. You'll have more energy than if you sleep an extra hour.
- "I can't do the workout I want." Start slow. Wii Fit Plus is a GREAT place to begin. Try an easy yoga workout for stability and stretching. As you get stronger, continue to challenge yourself.
- "I don't have time." Take the time. If you truly want to be a singer, you need to exercise and have a strong body. How much TV do you watch? Do you get up and move around during commercials? How

much time do you spend on Facebook? Take 20-30 minutes DAILY for cardio.

- “Exercise doesn’t really make a difference.” Yes. It does. Your body is your instrument. EVERYTHING you do to your body, you do to your voice. Singers are athletes as much as those who participate in sports. A singer must be able to control the muscles in the body in the same way an elite athlete can – the smallest bit counts.

from *Music Teacher's Helper* Blog