

Do you know how well your voice performs is linked to how
you treat your body?

**YOUR BODY,
YOUR VOICE,
YOUR CHOICE!**

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THE IMPORTANCE OF VOCAL HEALTH

Vocal health is equally important to physical health for a musical theatre performer as they often have to use their bodies and voices simultaneously during dance numbers in physically demanding shows.

Therefore, it is vital that performers are consistent with their vocal and physical healthcare, and through exercising the body or training the voice, your unknowingly helping the other as the two are lovely connected.

Without vocal training, you could fall victim to vocal injuries which could have the potential to hinder your career and development. The same applies for physical injuries, therefore it is integral that we take care of both .



Physical Benefits to Singing

Singing facilitates the use of Diaphragmatic breathing (deep breathing & lower rate of respiration)

Lowers blood pressure

Immune system boost: after singing the levels of salivary immune globin are increased, building a stronger immune system overall

Heart rate variability is improved- those with heart murmurs or inconsistencies benefit from singing due to the slow and controlled respiration

Endorphins are boosted and



HOW PHYSICAL EXERCISE HELPS VOCAL PERFORMANCE

Aerobic Exercise

Aerobic exercises consist of any physical activity which involves cardio and constant movement of the body.

Since all these exercises are classified as cardio, and the body is constantly moving, your heart rate will naturally increase and respiration will become deeper and frequent.

Running

Jogging

Walking

Cycling

Swimming

As a professional performer, incorporating some form of aerobic exercise to your daily routine will help develop your heart (and lung) strength and endurance.

The better your heart and lung endurance is, the more likely it is for you to have a long term career as performing physically demanding shows will become easier

Muscle Conditioning

Muscular conditioning consists of any specialised physical movement which focuses on muscle engagement in order to grow and strengthen them.

Some singing teachers and professional singers have argued that through muscle conditioning, you can unintentionally develop tension in your neck and shoulders, which hinders your vocal performance, however through adding dynamic stretches and breathing exercises before you perform these exercises, it should prevent this.

Weight lifting

Crunches

Sit ups

Power lifting

These exercises strengthen your core, which is also a vital body part you use while singing, therefore it is important to be engaging your core muscles in your workout routine to allow it to become easier when using your voice on stage. They furthermore enhance your muscle strength and endurance overall as a performer.

Neuro-muscular coordination

Neuro-muscular coordination draws in on the brain's connection to controlled muscular movement. (Where you engage the brain and movement simultaneously).

These exercises are commonly overlooked or forgotten about, however are highly beneficial for everybody, particularly performers.

Yoga

Pilates

Tai Chi

Balance Boards

These exercises contain multiple benefits for performers, as they force you to connect your brain and physicality. This strengthens how you multitask on stage (while singing AND dancing). They help you overcome tension through breathing control which allows for the voice to perform better. And they help you to overcome mental barriers and blocks for progress in your performance

HOW YOUR DIET AFFECTS YOUR VOICE

Your voice performs best when your digestive system isn't too full. This is due to breathing and digestion struggling for space in the midsection of your body, beneath your diaphragm. As your diaphragm is a crucial for a supported singing voice, eating a large meal before a performance will leave you struggling to catch your breath.

However, despite it not being recommended to eat large meals before you sing, you must still eat frequently before you perform or else you will be physically weak and not maintain the correct posture to sing while being supported.

It is an age-old conspiracy that eating dairy products before you sing, such as milk, yogurt or cheese can result in the abcess production of mucus in the throat, making it harder to sing. However, recent studies at Oxford University have proven that this is in fact proof of the Placebo effect in action, and unless you have drank a gallon of milk that day, that consuming dairy has no real effect on the production of phlegm.

The best and simplest way to take care of your voice and body is to maintain a balanced diet, consisting of fats, vitamins, minerals, proteins and carbohydrates in order to fuel your body, in addition to consuming 2 litres of water daily.



THANK YOU FOR LISTENING

FEEL FREE TO ASK ANY QUESTIONS

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