BEFORE YOU SING

Vocal health starts hours before we take the stage. Keep these simple concepts in mind preceding your next opportunity to sing:

1. Sleep

REST is crucial to vocal health. Sleep MORE the night before you sing to repair the tools that give your voice life.

2. Drink Water

Sixty to Ninety minutes before you sing, drink 32-44 ounces of room temperature H20. Take it in all at once. It takes time for water to make it to your vocal cords. Hydrate your vocal cords early and continue throughout the day!



3. Shower & Hum

Let's wake your voice up slowly. Breathe in deep the steam of the shower to clear out your vocal passages. Starting with low pitches, begin to hum up and down the scale like a trombone. Stay relaxed. Don't sing full on, simply hum.

4. Eat

What you put into your body as fuel will affect your vocal performance. Eat something. Avoid foods that add gunk to your vocal like milk, cheese, yogurt, and bananas. Dry cereal, nuts, eggs are good choices. Try to avoid heavy meals before you sing.

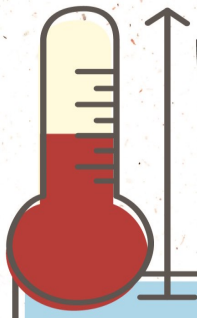
5. Mind Your Mouth

Your mouth is the final bodily place of resonance for your voice, so give it some attention. Brush your teeth, floss and gargle with mouthwash (30-60 seconds) to remove bacteria in your throat. This will wake your mouth up and make it ready to annunciate and deliver.

NO COFFEE until after you sing. Coffee will dry you out and cream will add gunk to your vocal cords.

6. Make Tea

Using a variable temperature hot water kettle, warm up (not boil) water and use a DECAF tea bag (try a product called 'Throat Coat'). Alternate between this warmer (drinkable) water and your regular room temperature water. This will keep you hydrated and continue to remove gunk from your mouth and throat.



7. Warm Up

On the way to perform use an app or set of audio tracks to warm up your voice. Many of these exercises will seem repetitive and silly, but they are the only way to truly stretch and prep your voice.

8. Sing!

As you are rehearsing, resting, and in the green room continue to hum, make buzzing sounds and practice diaphram support even when you are not "on". Think of an athletes' motions as they are prepping to compete.

9. Cool Down

After your vocal exertion, make sure you come back down to where you were. Hum, buzz and relax your way back to health.

©2017 Worship Team Development and Training - themikeo.com