**MORE IMPORTANT THAN SHOES!**

**HEALTHY SINGING FOR LIFE!**

**Karen Breidert**

**A BEAUTIFUL SINGING VOICE IS:**

**WELL-SUPPORTED**

**FREELY PRODUCED**

**RESONANT**

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**TEN STEPS TOWARD VOCAL HEALTH**

1. **Maintain your body’s optimum water level.**
2. **Get enough rest.**
3. **Quit smoking.**
4. **Eat right.**
5. **Exercise and stay physically fit.**
6. **Laugh, be merry, watch for stress indicators.**
7. **Do not sing with an inflamed or sore throat.**
8. **Work through emotional conflicts.**
9. **Use a supported speaking voice.**

**10.Balance voice use with voice recovery time.**

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