

VOCAL CARE KEYS

Created by Hilary
Canto



VIDLA





VOCAL CARE KEYS

No 1

BODY CARE

VIDLA

- ✓ A toned , relaxed, healthy body is critical to good singing.
- ✓ The **right** physical exercise for **your** body – gym, swimming, running etc.
- ✓ Choose what works for you not because others say it's for you.
- ✓ Aerobic is very important over anaerobic exercise.
- ✓ Balancing upper body weight training is important as too much can over exert the pec muscles and constrict the vocal musculature and lung capacity.
- ✓ Movement such as dance, tai chi, chi gung, yoga and stretches are excellent!
- ✓ Chiropractic treatments, Cranial Osteopathy, Alexander Technique, Feldenkrais, Shiatsu and Massage are all important too.
- ✓ Take care of your sexual energy and health as this is important for your power base vocally.

Without exercise and body care, a sluggish weak structure develops which cannot hold energy for breath control and power.





VOCAL CARE KEYS

No 2

NATURAL NUTRITION

VIDLA

- ✓ A good balanced diet is essential: fresh fruit & veg, organic meat, fish, raw & sprouted food, still water (mixed – tap, bottled, distilled), oils, nuts, seeds
- ✓ Nutrient levels in our food significantly reduced from the 1950's with intensive farming. Today, food has 50% fewer vitamins and minerals (WHO)
- ✓ Listen to your body, rather than go with the latest craze or diet. Your body has a language all of its own regarding food and what you can digest and use.
- ✓ Every person has their own unique physiological make-up, thus food allergies and intolerances are not the same for everyone. Seek professional nutritional advice.
- ✓ Allow two hours after a meal, before you perform. Your digestion takes all your energy preventing you holding your notes and breath easily.

Your body is your instrument – it needs nourishment for your voice to be at its optimum performance.





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No 3

HEALTH SUPPLEMENTS

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- ✓ There is a case for daily multivitamin & mineral supplementation if you are working hard and playing hard because everyone has health issues of some kind, small or large – it's a fact of being human. Extra is required for optimum health with a balanced diet.
- ✓ Colds (not flu) are a friend and help detox body & mind if you let them run their course. Substances to “fight” a cold only suppress toxicity deeper into the body. Colds should not be stopped.
- ✓ One supplement can help, a few can help, however if you take too many the body cannot use them correctly.
- ✓ Follow a balanced and progressive supplement programme.
- ✓ Supplements, medicines/drugs can interact with each other so must be used with advice both medically and nutritionally.

A good well balanced diet is essential, but even the great and good need a little help sometimes with supplements!





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No 4

HYDRATION

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- ✓ Hydration comes in TWO ways. We all know about water and to drink it room temperature NOT with ice or ice cold when we are singing. The cold contracts blood vessels after you've warmed them up and will constrict your singing and cause damage.
- ✓ Sparkling water/drinks contain CO2 – do you really want more carbon dioxide in your body? You'll bloat and it doesn't help hydration as it depletes oxygen.
- ✓ Warm/hot drinks relax and sooth but still dehydrate – take a glass of water for every cuppa!
- ✓ Go easy on honey, it is pure sugar. Too much will cause sugar issues in your body. Only very dark honey has medicinal value.
- ✓ Essential fatty acids – oils, nuts & seeds – are key to hydration.
- ✓ Without cholesterol balance you cannot oxygenate and utilise nutrients

Plenty of water, olive oil, nut and seed oils
plus butter and coconut!
These help weight too!
LOVE YOUR FOOD ʘ





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No 5

VOCAL TECHNIQUE

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- ✓ Vocal warm-ups are voice muscle-toning exercises. They shouldn't be loud or forced but neither should they be done too gently or in a whisper.
- ✓ Songs are not the best way to warm up because they require many different complex voice muscle movements. Vocal technique must support all the different requirements of a song. Using songs as a warm-up can damage your voice, muscle tone and flexibility.
- ✓ Use your vocal exercises, tones, vocalises, cuperto, sirens etc and a simple short song or two to prepare the voice before going into the hard performance levels for your show
- ✓ Good technique will help your vocal health and prevent over use of the voice as you learn what your voice is capable of and when you should rest it.

With correct techniques and exercises you can achieve vocal strength, stamina, flexibility, resonance, range, consistency, tone, and accurate pitch with emotional expression, blended in your own uniquely individual voice.





VOCAL CARE KEYS

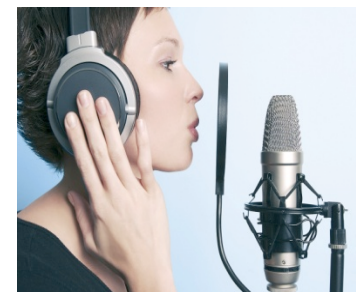
No 6

VOCAL WARM UP & COOL DOWN

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- ✓ A vocal warm up is essential before a show and a cool down equally essential. An athlete warms up before a race, a singer needs to warm the muscles up for the demands ahead.
- ✓ Vocal folds become hot and vibrate/oscillate as the sound adjusts during singing. At the end of the performance they have to be brought back into normal mode. This should be done with one or two gentle songs; do not use vibrato and allow the breath and sound vibration to slow down and cool the vocal folds.
- ✓ DO NOT DRINK A COLD DRINK! You will contract the muscles and could damage your voice. Water is your first port of call, a warm drink or a warming alcoholic drink is ok and a salt water gargle to replace the sodium from the cellular oscillation used for energy. A packet of crisps isn't a bad substitute if you don't want to go off gargling back stage!

Performance uses energy and makes you hungry. Stay off junk food, eat lightly – digestion is impaired at night (1am – 3am is when the liver does it regenerative work). Vocal cool down is essential – as fatigue in a voice may last up to three days after an intense performance.





VOCAL CARE KEYS

No 7

WELLBEING

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- ✓ Wellbeing – sleep, rest, relax, meditate, swim, walk etc
- ✓ Late nights and stress take their toll on the body and voice. If you are also working and singing, you need to chill out, reduce tension, and get as much fresh air and relaxation as possible.
- ✓ Meditation can be very helpful and it doesn't need you to sit cross legged chanting OM, or trying hard not to think and falling asleep! Meditation is actually focus, and with focus you then push out anything extraneous in your mind.
- ✓ Focus on something nice, go for a walk and open up to the birdsong, the sunshine, the wind, the ocean, the forests. You can be active and focused on a sport you enjoy. These things allow you to forget the stresses and demands on you and clears your head space to allow your body to relax and let go of tension.

Sleep regenerates us so that is another way that meditation helps. Both sleep and meditation will connect you with the sacred in your life. Your voice is sacred, it needs respecting and revering.





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No 8

WELLBEING

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- ✓ To sit and meditate quietly also allows your body's stress responses to return to normal and a power nap is a similar thing to do.
- ✓ If you need help on meditation there are many CD's out there and DVD's to help you, or you could join a group.
- ✓ You may also like to consider Chiropractic treatment, Alexander technique, massage/aromatherapy, hypnotherapy, NLP and other holistic therapies as part of your wellbeing toolkit.
- ✓ Certainly structural therapies make a big difference to the body, breath and power control of a singer.
- ✓ Hypnotherapy/NLP can help with stage fright, nerves, confidence etc.
- ✓ Consider what you need and pamper yourself now and again.

You can ask for help from VIDLA. Balance your life with rest, relaxation and sleep. That is what wellbeing is about so that you can deal with your days positively and with the least stress.





VOCAL CARE KEYS

No 9

PASSION

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- ✓ **Finally** – have fun!
- ✓ **Passion is powerful!** If you love what you're doing and are passionate about it, you have endless energy to follow your heart.
- ✓ Singers follow their heart; follow their passion in whatever genre they sing.
- ✓ The ultimate wellbeing, ultimate singer is the one who has balanced it all well and has passion in their performance.
- ✓ If you can't find your passion and you need help ask VIDLA for advice.
- ✓ Miracles happen when people do what they love and love what they do!
- ✓ Singing is part of who you are and should be your passion.

PASSION & LOVE make the world go round!
Have fun, do what you love and enjoy
What better than to sing to the world and
bring that passion to others!



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