



VOCAL HEALTH TIPS

As a vocal athlete, you train your mind and muscles for whole-body singing.

Since your body is your instrument, EVERYTHING affects you, including the weather! Here's a list of things you can control to level up your vocal health!

DOs

- sleep
- 1/2 body weight in ounces of room-temperature (warm) water
- eat healthy diet / avoid reflux
- exercise
- meditate
- decaf herbal tea (e.g. Throat Coat)
- honey and lemon
- steam (shower or steamer-Vicks Personal Steamer-no menthol!)
- humidifier
- warm up/cool down before/after singing
- plug ears for loud concerts, trains
- vocal rest/naps after much use
- air filter
- scarf to cover nose/mouth in cold

DON'Ts

- smoking / vaping
- alcohol / drugs
- extended loud yelling /singing
- pushing/straining your voice
- frequent coughing /clearing
- frequent hard glottal onsets
- late night eating / drinking
- spicy/acidic/dairy before singing
- caffeine (limit coffee, tea, soda, chocolate)
- extreme air conditioning/heat
- ice cold / very hot drinks
- cough drops with mint, menthol, eucalyptus
- expectorants - guaifenisin only
- loud environments

PRODUCTS VIELKA LOVES

- Grether's Pastilles (\$\$\$\$) - delicious & soothing! (small pharmacies / online)
- Ricola Natural Herb Cough Drops
- Swollen Folds Emergency? Preparation H Cream on front of neck right before performance



STOP SINGING, START VOCAL REST, & ASK FOR HELP IF THERE'S ANY PAIN OR CHRONIC:

- itch
- tickle
- cough
- noise
- hoarseness
- loss of voice