

BENEFITS OF WARM-UPS

1. Establish focus
2. Prepare the voice for singing
3. Allow singers to hear themselves and each other
4. Establish physical readiness for singing
5. Establish proper breathing habits
6. Achieve unification of vowels
7. Establish intonation melodically and harmonically
8. Establish a connection with the music to be sung in the rehearsal
9. Relieve tension
10. Stimulate the body and mind

COMMON VOCAL PROBLEMS

1. Lack of rest for the voice
2. Lack of hydration
3. Tension: the enemy of singers
4. Allergies and upper-respiratory issues
5. Misuse of the voice: yelling, loud talking
6. Mental issues: anxiety, emotional distress, grief
7. Physical issues: surgery, injury, hormones, acid reflux, thyroid, medications, smoking, air conditioning

* Seek medical attention if vocal problems last longer than 7-10 days.

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