

# Sage Gateshead, Virtuosity Programme

## Tutorial 1

### Vocal Health

#### Do:

1. Warm up your voice. Just a few minutes every day can help to reduce vocal tiredness.
2. Invest in training e.g. tutorials, workshops, singing lessons and seek help if you think there is a problem.
3. Hydrate well! Eight glasses of water per day.
4. Use straw phonation to help to protect your voice and give it a workout.
5. Use steam regularly, especially if your voice is tired.
6. Seek good nutrition, exercise and rest.

#### Avoid:

1. Whispering, as this is using your false vocal folds to create sound.
2. Clearing your throat regularly. When you do this your vocal folds are rubbing together. Try other things e.g. swallowing, take a sip of water, say ah! Ah! Ah!
3. Gargling with salt or aspirin and do not add anything to steam to inhale.