



Diane Owens Voice

Vocologist - Singing Voice Specialist

Take Care of your Vocal Assets
(We only get one pair of vocal folds per lifetime.)

<p>Warm Up & Cool Down Semi-occluded vocal tract (SOVT) exercises benefit voice health. Use straws, cups, hums, lip trills, etc. to warm up and cool down.</p>	<p>Hydration is Key Drink water throughout the day. Steam or humidify. The mucosal lining of the vocal folds must be wet to vibrate at its best.</p>
<p>Active Recovery Vocalize gently following heavy voice use to help with recovery. Cooling down is an important part of your vocal routine.</p>	<p>Manage your Vocal Load On high use days, pace how you will use your voice; allow for mini voice naps, reset during the day with SOVT exercises.</p>
<p>Know your Vocal Limits Stay within your pitch, volume, and stamina limits - make adjustments - don't push. Use amplification when teaching to large groups in large spaces or when outside.</p>	<p>Sweet Dreams Your body and brain need sleep and so does your voice. Prioritize sleep. Make a plan.</p>
<p>Fuel your Body with Good Food Eat regular, nutritious meals. Give yourself a few hours to digest food before bedtime.</p>	<p>Stretch and Move Get your heart pumping. Do full body stretches. Your larynx will benefit too!</p>
<p>No Smoking Smoking and vaping can cause permanent voice damage. Don't start. Get help to quit.</p>	<p>Vocalize your Full Range Glide through low, middle and high ranges. Think of it as yoga for your voice!</p>

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To contact her, visit: dianeowensvoice.com

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You are a Vocal Athlete (That's right!)

<p>Vocal Folds Steal the Show In speech, female* vocal folds vibrate an average of 200 times per second (males* about half that). Each hour a female* speaks, her cords vibrate 720K times. Fun fact: Singing "A 440" (orchestra tuning note) for 10 seconds means vocal folds vibrate 4.4K times!</p>	<p>Conditioning Athletes must warm up, cool down, stretch, and condition for peak performance. So must those who rely on their voice. Avoid cycles of overuse, fatigue, and recovery - vocalize daily - humming counts!</p>
<p>Balancing Act The vocal folds, breath system, and vocal tract perform amazing feats to change pitch, volume, resonance, vowels and consonants.</p>	<p>Keep Illness at Bay Be proactive. Practice good health habits. Wash hands often. Get annual checkups. A healthy you performs best.</p>
<p>Build your Team Identify voice specialists (vocologists, laryngologists, speech language pathologists, and singing-voice specialists) whom you trust. Most athletes will sustain an injury or need advice. Get help - there's no stigma - small adjustments can make a huge difference!</p>	<p>Appreciate YOUR Very Own Sound Our voice is a reflection of who we are, how we feel, and is amplified by our distinct physicality so that it is often instantly recognizable to others. Celebrate and build upon that uniqueness!</p>

*Traditional language is being used for generalization purposes only.

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