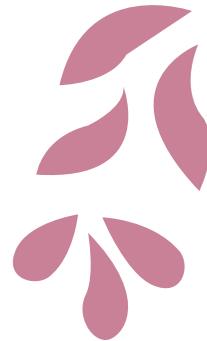


“People who sing are healthier than people who don’t. Singing gives the lungs a workout, tones up abdominal and intercostal muscles and the diaphragm, and stimulates circulation. It makes us breathe more deeply than even many forms of strenuous exercise, so we take in more oxygen, improve aerobic capacity and experience a release of muscle tension as well.”

— Professor Graham Welch, Director
of Educational Research, University of
Surrey, Roehampton, UK



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Why Sing?

Many studies done over a number of years have focused on the health benefits of singing, and the evidence is overwhelming — singing is good for you! It releases endorphins into your system and makes you feel energized and uplifted. Think about singing in the shower — how much better do you feel facing the day after humming a few bars of *Singing In The Rain*?

Vocalizing Promotes Well-Being

Not only does singing promote well-being, it can also help to prolong life. Graham Welch, director for advanced music education at London's Roehampton Institute, states "Singing exercises the vocal cords and keeps them youthful, even in old age. The less age-battered your voice sounds, the more you will feel —and seem— younger. Singing expands your chest, back and shoulders thus improving posture. Singing also lifts moods, takes your mind off the stresses of the day and even releases pain-relieving endorphins.

"Belting a tune," Welch adds, "improves circulation, which in turn oxygenates the cells and boosts the body's immune system."

"It is never too late to learn to sing."



"Whether you're Pavarotti or your voice scares the cat, singing can be good for your physical and mental health."

— Ruth Rosselson, *The London Mirror*

Greg Cohen of George Washington University tracked a Senior Singers Chorale in Arlington, Va. The chorale singers' average age is 80 — the youngest is 65 and the oldest 96. Preliminary data shows the singers suffer less depression, make fewer doctor visits a year, take fewer medications and have increased their other activities.

The Joys of Singing

Singing starts in infancy. John Lennon, professor of vocal performance, Emeritus Emporia State University, says, "Babies sing to themselves. The fact that we recognize no identifiable melodic sequence does not mean that it is not singing. Such spontaneous oral response has sustained emission, rhythm, pitch variation and emotional expression. Like the infant, we sing because we feel good and singing makes us feel even better. When we sing to ourselves we are, in effect, communicating with the inner-self ... it may well be counter-productive to one's well-being not to sing."

Preschool and kindergarten teachers have known for a long time that children learn best through songs. They remember the material easier and stay engaged in the activity.

Reid Wilson, Ph.D., associate clinical professor of psychiatry at the University of North Carolina at Chapel Hill School of Medicine, believes you can, "sing away your woes." Simply choose a familiar song, and then set your troubles to music. For example, instead of crooning the traditional words to *Mary Had a Little Lamb*, sing your own version of the worry song in your mind, or out loud for a few minutes, until you feel less anxious. It works because "the singing makes you feel ridiculous", says Wilson. "And it's very hard to maintain your distress when you're doing something foolish. You step back from the worry and put it in perspective."

Ready to add a healthy, new dimension to your life? Try singing! Sharing the joy of singing will enrich your life far beyond the notes and music. Go to www.sweetadelineintl.org and start singing today!

"Take some time out of your busy day and sing — you'll be glad you did!"

