

Master the Art of Waking Up Your Body

8:30 a.m., Friday, August 5, 2011

Bronze Ballroom

Patty Martin, Faculty

WAKING UP YOUR BODY FOR SINGING

Healthy Eating Habits

- Eat three meals a day – breakfast is very important
- Try to stay within 400 calories or less for each meal (including snacks and drinks)
- Eat appropriate portions (meats the size of a deck of cards, and include lots of fruits and vegetables)
- Limit carbohydrates
- Drink LOTS of water – no less than 3-4 8oz glasses per day

Stay Fit

- Exercise at least three times per week
- Include some weight bearing exercises and cardio
- Work on core and stamina building exercises including balance
- Schedule regular physical check-ups including pap smear and mammogram
- Choose an exercise plan that is fun and with a friend – this will help you stay on track

Physical Warm-ups

- Always do a physical warm-up before singing
- Do your warm-up to fun music
- Add stimulating moves to wake up your body – patting moves bring blood vessels to the surface waking up the mind and body
- Add rhythmic challenges
- Include chorus choreographic moves within physical routine
- Have BIG FUN