

# **A Voice for a Lifetime**

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## **1. Water: Hydration is Key**

How Much? How Often?

- Depends on body composition and how you use/lose water
- Drink water every day, all day
- All beverages count, all though not equally
- Food counts: eat your water!

What happens to my voice if I am dehydrated?

- Overproduction of phlegm
- Damage over time

“You need to hydrate every day. You can never take a vacation from hydration because your body is not designed to store water for long periods of time. Your body needs water, uses water, and loses water in a constant use-lose-replace equation.”

-Alyson Moore and Jerry Frentsos, *Intentionally Well*  
liveintentionallywell.com

## **2. Warm Up and Build Daily Resilience**

- Unvoiced lip trills
- Voiced lip trills
- Descending voice builders
- Ascending voice builders
- Silent warm-ups
- Warm down

# **A Voice for a Lifetime - 2**

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## **3. Awareness: Symptoms of Vocal Fatigue**

- Loss of range
- Loss of volume
- Hoarseness or roughness
- Intermittent phonation

## **4. Awareness: What Causes Vocal Damage Over Time?**

- Extreme and incessant coughing
- Excessive throat clearing
- Singing with stressed, tight vocal folds
- Speaking too loudly, too fast, or outside of an optimal pitch range
- Funny voices
- Acid reflux
- Overuse
- Not enough silence, rest, or sleep

Warning: Anti-inflammatories and extreme singing

## **5. Preservation: What Can I Do in the Classroom?**

- Use non-verbal cues
- Reduce your voice use in the classroom
- Create a scaffold of student leadership in the classroom
- Cultivate a quiet classroom
- Use planning periods and lunch time to rest your voice
- Speak higher with more resonance
- Speak slower and articulate consonants clearly
- Take care of your voice and monitor vocal behavior outside of the classroom