

Singing Health Benefits

Singing strengthens the immune system

According to research conducted at the University of Frankfurt, singing boosts the immune system. The study included testing professional choir members' blood before and after an hour-long rehearsal singing Mozart's "Requiem". The researchers noticed that in most cases, the amount of proteins in the immune system that function as antibodies, known as Immunoglobulin A, were significantly higher immediately after the rehearsal. The same increases were not observed after the choir members passively listened to music.

Singing is a workout

Your lungs will get a workout as you employ proper singing techniques and vocal projections. Other related health benefits of singing include a stronger diaphragm and stimulated overall circulation. Since you pull in a greater amount of oxygen while singing than when doing many other types of exercise, some even believe that singing can increase your aerobic capacity and stamina.

Singing improves your posture

Standing up straight is part of correct technique as you're singing, so with time, good posture will become a habit! As your chest cavity expands and your shoulders and back align, you're improving your posture overall.

Singing is a natural anti-depressant

Singing is known to release endorphins, the feel-good brain chemical that makes you feel uplifted and happy. In addition, scientists have identified a tiny organ in the ear called the sacculus, which responds to the frequencies created by singing. The response creates an immediate sense of pleasure, regardless of what the singing sounds like. Not only that, but singing can simply take your mind off the day's troubles to boost your mood.

Singing lowers stress levels

Making music in any form is relaxing. Singing releases stored muscle tension and decreases the levels of a stress hormone called cortisol in your blood stream.

Singing improves mental alertness

Improved blood circulation and an oxygenated blood stream allow more oxygen to reach the brain. This improves mental alertness, concentration, and memory. The Alzheimer's Society has even established a "Singing for the Brain" service to help people with dementia and Alzheimer's maintain their memories.