

## VOCAL HEALTH TIPS

1. Warm-up your voice on a regular basis.
2. Stay concentrated on the ideas to be communicated and your objectives.
3. Drink plenty of water, especially when using *SPEAK FOR YOURSELF*. 6-8 glasses of water daily is recommended when speaking.
4. AVOID alcohol and cigarettes. They dry out the vocal folds.
5. AVOID long hours indoors without fresh air. (Be aware of the drying atmosphere of pressurized airplanes, air-conditioning and central heating.)
6. Get plenty of rest regularly.
7. Many medications (cold medicines, antihistamines, throat sprays) have a drying affect on the vocal folds. Drink more water if you are using medications.
8. If problems develop, use a cool-mist vaporizer to reduce inflammation, and see your physician or a laryngologist.

## WORKSHOPS/CONSULTATIONS

Susan Leigh has taught voice and speech at a number of major universities, and professional actor training programs. She has conducted numerous workshops in voice and speech for businesses, and is the resident vocal coach for the La Jolla Playhouse in San Diego, California. She is available for workshops and consultations by writing to her c/o: *THEATRE ARTS VIDEO LIBRARY*; 174 Andrew Avenue; Leucadia, California 92024 USA; (619) 632-6355

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## **SPEAK FOR YOURSELF - A DYNAMIC VOCAL WORKOUT with Susan Leigh**

The *SPEAK FOR YOURSELF* is a comprehensive vocal and physical warm-up routine for the business and professional person. Using stretches from yoga, modern dance and the martial arts, accompanied by easy vocalization, the warm-up is intended to relax the body while centering the breath and the voice. Included are vocal exercises drawn from the work of Edith Skinner, Julia Wing, and Kristin Linklater. Regular use of the *SPEAK FOR YOURSELF* videocassette will increase flexibility and strengthen the voice. Before starting this or any exercise program, consult your physician.

Once you are familiar with the exercises, you can mute the audio portion of the tape and play your own music (something soothing with a slow tempo works best). This will increase your relaxation and add to your enjoyment of *SPEAK FOR YOURSELF*.

## PART I RELAXATION AND STRETCHING

The stretches are designed to work through the major tension holding areas of the body, opening up the muscles and allowing them to freely resonate sound. The easy sighs permit the breath and voice to center together as the body relaxes. The goal is for the whole body to resonate and participate in the vocal process.

Shoulder drop  
Arms above head  
Arms up behind back - then all the way over  
Neck stretches  
Head roll  
Shoulder stretch  
Side stretch  
Hips - side lunge

## **PART II FACE PREPARATION**

This section is designed to work through the muscles of the face and vocal mechanism to relax them so they may respond more freely and resonate sound.

Massage face - humming  
Shake face out with sound  
Moisten lips - stretch and release  
Tongue stretches  
Stretch center of tongue  
Soft palate  
Jaw shake

## **PART III PITCH AND RESONANCE**

Working through three octaves, this section is designed to increase the variety of pitches and tone that the speaker has to choose from so he can speak with more expression.

The tape gives an example of each of these five exercises. Feel free to use ascending and descending scales and a wide variety of pitches as well.

## **PART IV TONGUE TWISTERS**

The goal of the tongue twisters section is to improve speed without sacrificing verbal clarity. You are trying to increase the agility of the moveable articulators. Regular practice at a comfortable speed will produce the best results.

The video tape comes with three *BONE PROPS*. They come in three sizes; small, medium and large. It is recommended that everyone begin with the small bone prop and move on to a larger one, if necessary. You should attempt to articulate clearly even with the bone prop in your mouth. This way you make the lips and tongue stretch farther. Alternate use of the bone props not only gives you instant sensory feedback, but it prevents excessive jaw tension.

Additional bone props may be ordered from *THEATRE ARTS VIDEO LIBRARY*.

## **TONGUE TWISTERS:**

### **THE TUTOR**

A tutor who tooted the flute  
tried to tutor two tutors to toot.  
Asked the two of the tutor  
"Is it harder to toot?  
Or to tutor two tutors to toot?"

### **THE DEADLY DAGGER**

The deadly dagger and the  
dire dudgeon dangled in  
the dank, dark, dungeon.

### **A BIG BLACK BUG**

A big black bug  
bit a big black bear and  
the big black bear bled blood.

### **PRETTY POLLY**

Pretty polly polishes  
pearly pewter platters.

### **CICELY SELLS SEASHELLS**

Cicely sells seashells  
by the seashore, where the  
sun shines on the shop signs.

### **ZANY ZELDA**

Zany Zelda severs  
seven silky sutures.

### **WHETHER THE WEATHER**

Whether the weather be fair,  
or whether the weather be not,  
whether the weather be cold,  
or whether the weather be hot,  
we'll weather the weather  
whatever the weather,  
whether we like it or not.