

SINGING IS GOOD FOR YOUR HEALTH

1. Today we're going to talk about singing
2. Our guest is the director of a singing school in Winnipeg
3. Why do you say singing is good for health?
4. Singing makes you feel good
5. Although there are other activities good for health
6. Singing doesn't need instruments or training
7. It's natural. Everybody can do it
8. It's similar than learning English
9. You learn by listening and repeating
10. Speaking and singing well is really 95% listening
11. For singing some breathing exercises are required
12. By doing this exercises you can sing in perfect harmony
13. It happens the same when learning a new language. Exercise is required