

Atlanta Institute of Music and Media Offers Vocal Health Tips in New Blog Post

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Atlanta Institute of Music and Media (AIMM), an accredited music college in Duluth, Georgia, has recently published a blog post offering the top 10 vocal health tips for singers. AIMM offers several singing programs, such as the Music and Technology Associate Degree: Voice Concentration and the Performance Certificate in Vocals. The Voice Concentration degree offers a portfolio that will benefit the student and help with finding employment, or self-employment, in the music or production industry. It offers the best vocal tips and the students learn how to extend their vocal range and the best techniques for perfecting their tone. Meanwhile, the Vocal Performance Certificate is made of specific courses to help further improve the student's music performance abilities and to make it easier for the student to gain employment in the field.

With regards to the tips on vocal health, Nite Driscoll, President of Atlanta Institute of Music and Media, says, "Your vocal cords are precious, and singing to the best of your ability means taking care of them and treating them with respect. But between your daily life, rehearsal with your band, studio, or producer, and side work, it may be difficult to give your vocal cords a break and the care they deserve. Thankfully, we have some vocal health solutions that can help. But remember that vocal health is just one part of the equation. When it comes to a successful singing career, you need the best techniques, warm-ups, strategies, and instruction. You need to consider your tone, pitch, and range. What you can do is enroll at AIMM, which offers multiple programs for singers." The blog post can be accessed at <https://www.aimm.edu/blog/the-top-10-vocal-health-tips>.

The first tip is for singers to always warm up their voice before they sing. There are a number of vocal warm-up exercises for singers of all ages, experience levels, and vocal ranges. It is also important to warm up the facial muscles for 10 to 20 minutes before performing the warm-up exercises by blowing out through the lips, massaging the face, or sticking out the tongue. After singing, cooling down is also recommended. This should take around 5 to 10 minutes.

The second tip is to keep the body hydrated by drinking plenty of water. It is also important to avoid beverages with caffeine or alcohol, particularly before performances. Drinking enough water can help keep the vocal cords lubricated because they have to vibrate very fast. Eating foods with large amounts of water, such as watermelon, can also help with hydration.

Third, clearing the throat should be avoided as much as possible because it can damage the vocal cords. It can result into irritation and inflammation. When feeling that there is a need to clear the throat, drinking water can help. Throat clearing should only be done as a last resort.

The fourth tip is to always be aware if one's voice is hoarse. Those who have a hoarse voice for more than a few weeks should consult with a voice specialist, especially if they have cold-like symptoms or they smoke. It is important to rest the vocal cords when one's voice begins to feel scratchy. Fifth, it is important to get enough quality sleep. The sixth tip is to only use natural throat products.

The seventh tip is to give the vocal muscles some rest. It is important to minimize talking, avoid singing or even whispering. Whispering can harm the vocal cords. Eighth, it is important not to overuse the vocal cords. The ninth tip is to always breathe through the nose. And finally, the last tip is to never force it.

Founded in 1985, AIMM strives for excellence in education for contemporary music and media arts. It continues to establish the industry standard by offering the technical and applied learning skills to help prepare the students for successful careers. AIMM's mission is to offer an instructional environment for non-beginning students that they need to develop their musical talents and get the skills that are in demand in the music industry. AIMM's curriculum is designed to accomplish its mission through audio, video and computer lab instruction; live clinics by the most well-known and informative artists and music industry professionals; and class and private instruction.

Those who are interested in Atlanta singing lessons, courses, and programs can visit the AIMM website, or contact them on the phone or through email.

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For more information about Atlanta Institute of Music and Media, contact the company here: Atlanta Institute of Music and Media Nite Driscoll (770) 242-7717 admissions@aimm.edu 2875 Breckinridge Blvd #700, Duluth, Georgia 30096

Atlanta Institute of Music and Media

Atlanta Institute of Music and Media has a uniquely effective approach to vocational training for musicians, production, and audio engineering students.

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