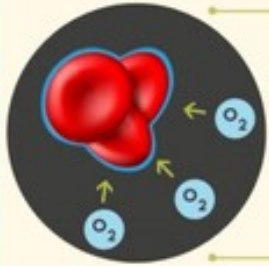




Health benefits of SINGING

The health benefits of singing are both physical and psychological.



Singing has physical benefits because it is an aerobic activity that increases **oxygenation in the blood stream** and **exercises major muscle groups in the upper body**, even while sitting.

Your body produces 'feel good' hormones called **Endorphins**, which rush around your body when you sing which is linked to our **sense of emotional well-being**.



when people sing together they feel increased **Sense of Community, Belonging** and **Shared Endeavour**.



Increases lung capacity, improves posture. Clears respiratory tubes and sinuses. Increases mental alertness through greater oxygenation.

Boosts **Immunity** by promoting healthy lymphatic system.

