

10 good reasons to start singing



Did you know?.....

Physical Benefits of Singing

1. Singing strengthens the immune system

Research conducted at the University of Frankfurt, singing boosts the immune system.

2. Singing is a workout

For the elderly, disabled, and injured, singing can be an excellent form of exercise. Even if you're healthy, your lungs will get a workout and can strengthen your diaphragm and stimulate overall circulation. Some even believe that singing can increase your aerobic capacity and stamina.

3. 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!

4. Singing helps with sleep

According to a health article in Daily Mail Online, experts believe singing can help strengthen throat and palate muscles, which helps stop snoring and sleep apnoea.

Psychological & Emotional Benefits of Singing

5. 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, giving an immediate sense of pleasure, off the day's troubles to boost your mood.

6. 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.

7. 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.

Social Benefits of Singing

8. Singing can widen your circle of friends

Whether you're in a choir or simply enjoy singing karaoke with your friends, one of the unexpected health benefits of singing is that you meet and socialise with other people.

9. Singing boosts your confidence

Performing with others can boost your self-confidence, help you overcome fears, aiding your poise and presentation skills.

10. Singing broadens communication skills

According to an article in The Guardian, singing to babies helps prepare their brains for language. Music is just as important as teaching reading and writing at a young age to prevent language problems later in life

So what are you waiting for?

Come and join us at Hillingdon Choral. We meet every Monday from 7.45 to 9.45pm at Ickenham, United Reformed Church. We sing a wide variety of music, giving three concerts each year.

Our last concert was an evening of songs from many different shows, including Guys and dolls, Fiddler on the Roof and many more. Our next concert in November will feature music by Brahms and Elgar – a concert to commemorate the end of World War One.

Our choir members have many different levels of musical ability and because we sing a wide variety of music, there is something for everyone's tastes and abilities. We are all learning each week as we enjoy our singing.

There are no auditions, just come along to our rehearsal, you can sit and listen or join in. We are a friendly bunch and you will be made very welcome. We have a short coffee break during the rehearsal so that members can chat and get to know each other. We also hold various social functions during the year.

Our first rehearsal of the season will be Monday 10th September at 7.45pm. We will be starting the evening with a drink and an opportunity for everyone to chat, while new music is distributed.

However, new members are welcome throughout the year and if you would like more information, please visit our website hillingdonchoralsociety.org.uk or email us on hillingdonchoralsociety@gmail.com.

We will be to answer any questions and can always call you if you leave a telephone number.

