

MCOG HEALTH GROUP

HEALTH TIP

Amazing Benefits of Singing

Anyone who loves to sing will probably tell you how good it makes them feel. But there are many different physical, emotional, social, and mental benefits associated with singing that you may not realize.

1. Singing leads to a longer life. A joint Yale and Harvard study showed that choral singing promoted healthy minds and hearts, which increased life expectancy.
2. Singing lowers your blood pressure.
3. Singing tones up your facial muscles, diaphragm, rib muscles.
4. Singing develops the lungs and gives you better posture.
5. Singing can help patients of Parkinson's disease. Numerous studies have shown singing can improve vocal and swallowing control in these patients.
6. Singing can boost your immunity by decreasing cortisol levels, stress, and anxiety.
7. Singing releases endorphins and oxytocin, which can make you feel better in general and decrease any pain you might be feeling.
8. Singing increases empathy and understanding between cultures.
9. Singing brings people together, creating a sense of community.
10. Singing improves cognition. Singing can improve your overall brain function and help you think a little clearer.
11. Singing improves your memory. This is one excellent way to keep your brain functioning well as you age.

(Source: by Sara Crawford

www.lifehack.org/288228/11-amazing-benefits-singing-you-may-not-know)

Psalm 104:33

**I will sing to the Lord all my life;
I will sing praise to my God as long as I live.**