


PRESENTED BY:

VOICE-360.COM

A black, professional-grade microphone with a silver mesh grille, positioned diagonally on the left side of the frame. The background is a gradient of blue and purple.

# Vocal Health *Guide*

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# INTRODUCTION



## VOICE 360

In this document, you will find a preview of some of the PDFs that can be found at:

<https://Voice-360.com>

Discover more resources to help strengthen your voice and make you the best you can be.



V360 offers fun and easy-to-follow voice lessons for every singer in your family.

- Any Age
- Any Experience Level
- Any Genre
- Any Voice Type
- Any Vocal Goal
- Any Where!

## VOCAL HEALTH

 VOCAL HEALTH

For all vocalists, speakers and presenters.

Recommended for any level and age.

### KIDS

 V360 GOLD COURSE

For more visual learners.  
Recommended for ages 5 to 8.

### TEENS

 V360 GREEN COURSE

For growing and changing voices.  
Recommended for ages 9 to 15.

### ADULTS

 V360 BLUE COURSE

Take our classic learning path to voice.  
Recommended for ages +16 and up.



# YOGA FOR SINGING

Practicing singing in yoga poses can completely revolutionize your singing. Give it a try and you won't be sorry!



## Lotus Pose

An excellent pose for feeling a deep and relaxed breath



## Tree Pose – Arms Ascending

The arms ascend and the rib cage lifts adding more openness to the body



## Tree Pose

A beginner pose for feeling slightly off balance and active in the body while singing



## Chair Pose

The body becomes active and breathing becomes more energized



## Warrior I Pose

This deep lunge engages necessary core muscles while still allowing for deep breathing and flexibility



## Dancer Pose

The most advanced singing yoga pose for maintaining an open body and deep breathing



# WEEKDAY LUNCH PLAN

Work toward achieving a healthy lunch each day with a balance of protein, carbs and healthy fats.

	MON	TUE	WED	THU	FRI
PROTEIN					
CARB					
HEALTHY FAT					

Small steps for big progress. Start with just one meal a day for a bigger chance to make the habit stick!



# HEALTHY FOOD EXAMPLES

**There are many more options, but this is a good starter list!**

## HEALTHY PROTEIN EXAMPLES

Chickpeas  
Lentils  
Salmon  
Chicken  
Turkey  
Tuna  
Eggs  
Greek Yogurt  
Cottage Cheese  
Tofu  
Edamame  
Grass Fed Beef

## HEALTHY CARB EXAMPLES

Broccoli  
Sweet Potatoes  
Asparagus  
Spinach  
Cauliflower  
Brussel Sprouts  
Carrots  
Bell Peppers  
Cucumbers  
Apples  
Pears  
Berries

## HEALTHY FAT EXAMPLES

Almonds  
Walnuts  
Olive Oil  
Olives  
Avocados  
Avocado Oil  
Chia Seeds  
Flaxseeds  
Sardines  
Nut Butters  
Ghee  
Coconuts



# WEEKDAY DINNER PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NOTE

*You got  
this!*



# PRE-SINGING MEAL EXAMPLES

What kind of a consumer are you?  
Maybe you are an omnivore most days  
but on singing days you like to be a pescatarian.  
Always follow what is best for your body!

## OMNIVORE

I eat everything!

Grilled chicken,  
quinoa and steamed  
broccoli

## VEGAN

No animals in any way, please!

Roasted chickpea  
salad with avocados,  
tomatoes, bell  
peppers and quinoa

## VEGETARIAN

No animal meat, please!

Brown rice and black  
bean tacos with pico de  
gallo, salsa, guacamole  
and roasted corn

## PESCATARIAN

Ohhh I do love fish, but it stops  
there!

Grilled salmon, roasted  
asparagus and baked  
potatoes

## LOW CARB

Trying to watch my carb intake  
BUT I still need them!

Zoodle (zucchini noodles)  
marinara with turkey  
meatballs

## GLUTEN FREE

Gluten and I just can't seem to  
get along!

Grilled chicken, roasted  
sweet potatoes and  
spinach salad





# WEEKDAY SLEEP ROUTINE

Try this 15 minute pre bedtime routine. Breathing and stretching can be a game changer for quieting your mind and preparing for deep sleep.

	BELLY BREATHING	BOX BREATHING	ARM STRETCH TO THE SKY	RAG DOLL STRETCH	DEFLATING TIRE HISS	REPEAT BOX BREATHING	SUKASANA
	3 minutes	2 minutes	2 minutes	2 minutes	2 minutes	1 minute	3 minutes
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							





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## Warrior I Pose

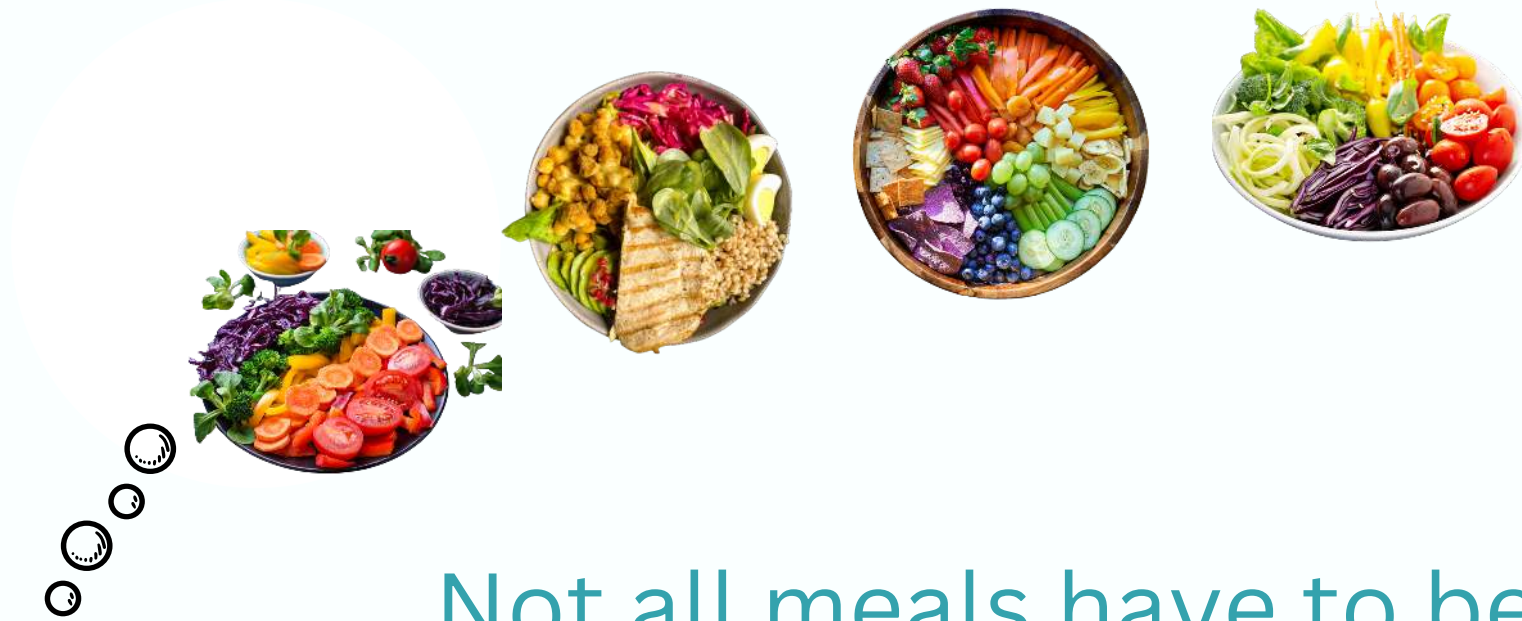
This deep lunge engages necessary core muscles while still allowing for deep breathing and flexibility



## Dancer Pose

The most advanced singing yoga pose for maintaining an open body and deep breathing





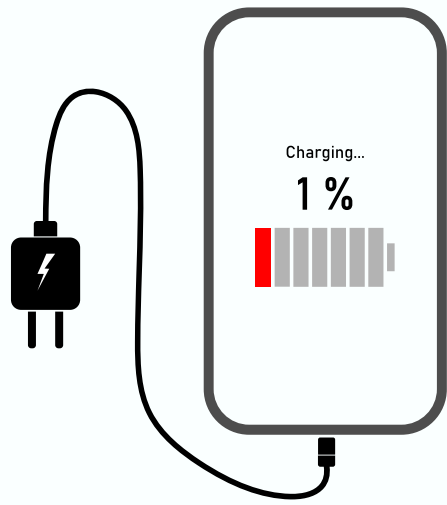
Not all meals have to be  
perfect!

However, to set yourself up for  
success, make the meals before  
singing look like a rainbow!



Sleep is a singers best friend...

# Don't forget to recharge



# WEEKDAY SLEEP ROUTINE

Try this 15 minute pre bedtime routine. Breathing and stretching can be a game changer for quieting your mind and preparing for deep sleep.

	BELLY BREATHING	BOX BREATHING	ARM STRETCH TO THE SKY	RAG DOLL STRETCH	DEFLATING TIRE HISS	REPEAT BOX BREATHING	SUKHASANA
	3 minutes	2 minutes	2 minutes	2 minutes	2 minutes	1 minute	3 minutes
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							



# Vocal Health Warm Up Checklist

	Lip Trills (or NG)	Humming	Hello Tongue, Goodbye Jaw
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			





# YOGA FOR SINGING

Practicing singing in stretches and yoga poses can be really helpful!  
Give it a try and have some FUN!



## Side Stretch

A great pose to feel the stretch in your sides when breathing in



## Warrior Pose

The deep lunge powers the belly muscles to help us stay strong and flexible



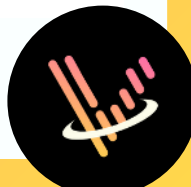
## Tree Pose

A fun time to work on balance while singing your songs



## Sukhasana Pose

A wonderful pose to feel your belly relax and expand while practicing breathing

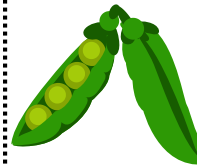
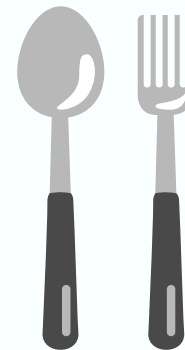
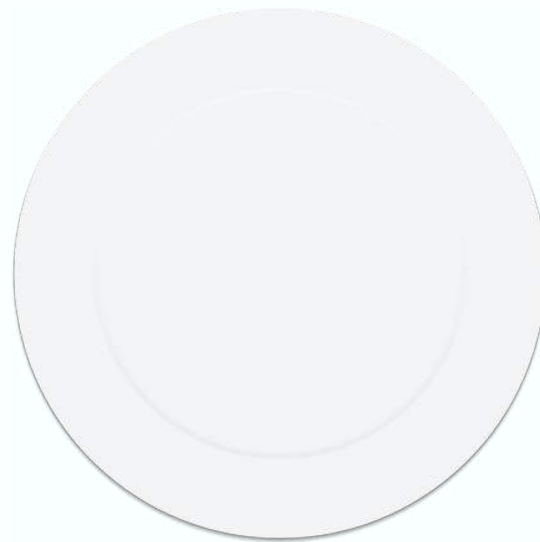




# Let's get ready to SING!

Which foods will give us great energy for singing?

Draw a line from the food to the plate or clip out the food and pile the right ones on our singers plate!





# Sleeping for Singing



What are 3 things you could do better for singing if you slept well?







IF I SLEPT REALLY WELL I COULD REMEMBER....	IF I SLEPT REALLY WELL I WOULD FEEL...	IF I SLEPT REALLY WELL I WOULD HAVE THE ENERGY TO...



# Healthy Vocal Habits Chart

Which healthy vocal habits are you going to try?



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I steam 							
I practice breathing 							
I do vocal warmups 							
I eat healthy food 							
I drink water 							
I stretch 							
I get enough sleep 							



# PROTECT YOUR VOICE!

## Steps to take:



REST YOUR  
VOICE  
NO TALKING

DRINK  
LOTS OF  
WATER



WRITE  
THINGS  
DOWN  
INSTEAD  
OF  
TALKING

VOCAL  
EXERCISES  
WHEN YOUR  
VOICE DOES  
FEEL  
BETTER



# RESOURCES

## Vocal Health Course

<https://voice-360.com/vocal-health/>



## FREE Singers Guide

<https://voice-360.com/FREE>



## Get In Touch

<https://voice-360.com/Contact>  
[Meghan@Voice-360.com](mailto:Meghan@Voice-360.com)



## Meghan McCall | Vocal Coach

<https://MeghanMcCall.com>





## MEET YOUR INSTRUCTOR

# Meghan McCall

I founded V360 so that every singer out there has the support they need to truly shine.

Designed with every singer in mind, this tool is for singers of all levels and genres.

- From Beginners to Advanced.
- From Kids to Adults.
- From Start to Finish.

Enjoy the most interactive 360° learning experience from the comfort of your own home!

2x Grammy-Winning Vocal Coach  
Founder of V360

# 23

Year Experience

# 20K

Lessons Taught

Featured  
On

Discovery  
CHANNEL

NBC

npr

IMDb

Michael  
Buckley

NEW  
MUSIC  
RELEASE

Late  
GRAMMY  
Awards

GRAMMY  
AWARDS

JOHN  
F. KENNEDY CENTER

Velocity

The  
Washington  
Post

CARNEGIE HALL

PEARL  
FRINGE  
FESTIVAL

AMERICAN  
SCHOOL OF  
MUSIC

DUPONT  
UNDERGROUND

NAXOS

CLEVELAND  
OPERA THEATRE

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