

# Breathing Exercises for Improving Voice Strength

These exercises will help you better use your abdominal muscles to improve your voice. Your therapist will review these exercises with you. Be sure you can hear yourself breathe in and out with each exercise.

Do these exercises \_\_\_\_\_ times each day.

Repeat each exercise \_\_\_\_\_ times.

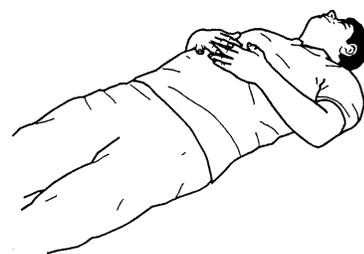
- Lie flat on your back.

Place a book on top of your stomach or lay your hands there.

Take a breath in through your mouth and feel the book rise.

Slowly let the air out through your mouth and feel the book lower.

Your breaths should be easy and without effort.



- Sit in a firm chair.

Pull your shoulders back and sit up straight.

Put one hand on your stomach.

Breathe in through your mouth and feel your stomach move out.

Slowly breathe out through your mouth and feel your stomach move in.

Try to avoid any movement of your upper body. You may want to sit in front of a mirror to watch this at first.



- Sit up straight in a chair.

Take a breath in through your nose.

Release the air slowly through your nose and begin to hum - "hmmm".

Feel the vibration in and around your nose. Be sure the sound is coming from your nose and not your throat.

- Sit up in a chair with your shoulders back.

Breathe in through your mouth.

Slowly release the air through your mouth while saying the word "Up". It will sound like you are saying "hup".

- Sit up straight in a chair with your shoulders back.

Breathe in through your mouth.

Slowly release the air through your mouth while saying "up one, up two, up three" and so on to ten. Be sure to take a breath after each part of the phrase - up one, **breathe**, up two, **breathe** and so on.

As you get more breath, advance to a longer phrase, "in...out...up...one"

- Sit up straight in a chair with your shoulders back.

Breathe in through your mouth, and then slowly release the air while saying one of these phrases:

- Buy some food.
- Run a mile.
- Get a paper.
- Take your time.

- Sit up straight in a chair with your shoulders back.

Breathe in through your mouth, then release the air while either reading aloud or having a conversation.

Remember to use good breathing and good phrasing. Take another breath after each 7-10 syllables.

**If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: [health-info@osu.edu](mailto:health-info@osu.edu).**