



# THE VOCAL WELLNESS GUIDE

Maintaining a Singer's  
Mind, Body & Voice



**Features Meditations & Workouts for Singers ,  
Tips for Vocal Health/Maintenance, & Healthy Recipes!**

**“WELLNESS IS THE COMPLETE INTEGRATION OF BODY, MIND, AND SPIRIT – THE REALIZATION THAT EVERYTHING WE DO, THINK, FEEL, & BELIEVE HAS AN EFFECT ON OUR STATE OF WELL-BEING.”**  
**- GLOBAL WELLNESS INSTITUTE**



Hello Singer Friends!

I am excited to dive deeper into the wellness aspect of singing and performing in this helpful handbook: “The Vocal Wellness Guide”!

As singers and performers, we are constantly in the mode of making others happy with our voices. Our gifts and talents are a powerful force allowing us to pour energy and into others’ world with the beautiful sounds that we make and the emotions that we are able to portray onstage. And while that is an incredible honor, too seldomly do we remember to consciously turn that same positivity and life force back onto ourselves to replenish our energy as vocalists. It is imperative that to have a long, prosperous journey and career as a singer we use sustainable techniques to do this replenishing often and effectively.

That’s where a holistic approach to wellness and singing combined is wholly beneficial to you as a singer. In the same way I want you to craft your best possible vocal technique, posture and stage presence through voice lessons and training, I want you to carefully curate a mindful self-care routine as an addition to your package of vocal ability and skill. By creating good habits, taking preventative steps, and choosing to focus on balance, peace, and positivity, you’ll find that your singing journey will thrive. I’m a firm believer that everything is interconnected; when your mind is healthy and at peace, the body follows, and vice versa.

The motivation for this guide comes from a particular time in 2019 when I was semi-accidentally thrown into an insane work schedule that was requiring enormous amounts of physical, mental, and vocal energy. I was traveling to perform on cruise ships, performing weekends at a show on the Las Vegas strip, earning my Master’s, and trying to give what little I had left to self-producing my new album. You can imagine the swirling of emotions that took over throughout that time. I was feeling everything from excitement to exhaustion, from stress to elation, from bliss to burnout. I loved the work that I was doing but realized that if I wanted to keep up this amazing momentum, I was going to have to do something different in order to make this lifestyle sustainable. From there, the Vocal Wellness Guide was born, offering insight on how to maintain a balance in my life and the lives of other singers.

I truly hope that this guide offers you a new perspective and a doable approach to adding more mindfulness into your singing practice and into your career as a vocalist. It’s an honor to guide singers toward their true potential and be an aid in connecting them to the maximum spectrum of opportunity for their mind, bodies, and voices to thrive.

Cheers!

*Alyssa Harris*

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The information provided in this handbook is for educational purposes only and does not substitute for professional medical advice.

Readers are advised to consult a medical professional or healthcare provider if they're seeking medical advice, diagnoses, or treatment.

Always consult a medical professional before starting a workout program.

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## **Intro: Singing and Wellness**

I believe that everything is connected. In terms of our bodies, minds and singing voices, there needs to be a synergy between all moving parts in order to achieve and maintain success as a singer for the long term. A positive mind, healthy body and well-conditioned voice are what all singers should aspire towards. In a world of ever-changing situations, circumstances and environments, this physical, mental and vocal wellness balance is what we as singers should aim to keep intact no matter what.

Of course, it's impossible to be perfect at all three of those things all the time, however I believe that incorporating simple, everyday healthy habits can make a huge impact on our overall health.

### **Singing as Self-Care.**

The voice is a powerful healing tool for self and for others. The power of music, more specifically, the voice, should not be taken lightly. Singers have the ability to evoke emotions in others who are listening. We have the power to make someone feel happy, sad, motivated. Our voices can make someone recall a beautiful memory simply through communicating a song. That is an incredible responsibility that I believe should be cherished and regarded highly. It's only right that we honor this responsibility by taking the utmost care of our gifts by maintaining our overall physical, mental and vocal wellness.

### **Fundamentals of Breath.**

Breath is the only thing that stays constant about us from the moment we're born until the end of our life. Our bodies, our environments, our thought patterns all grow and change as our lives progress. There is power in tuning into that rhythmic, steady and consistent flow of breath to quiet our minds and recalibrate our focus.

Taking deep breaths allows more oxygen to filter into our bodies, releasing chemicals in our brains that can be energizing, calming and mood-boosting. When the world around us is hectic, one thing we can always count on to be steadfast and unchanging is our breath. That's why meditation can be so helpful for overall mental health. When we sing, properly taking calculated breaths of various sizes and intensity forces determine our success, among other factors. It's no coincidence that when you finish singing, you find yourself in a great mood!

# Part 1: Meditation and Affirmations for Singers

## Singing and the meditative state: I'm trancing out!

If you're anything like me, chances are you've said the following words: "I don't know how to meditate", or "I can't get my mind to settle down long enough" or "When I try to meditate, I just fall asleep". I'm hearing you loud and clear. When I used to think about meditating, I would think, trying to sit and *not* think about something, makes me think about it even more! It wasn't until I did a little more research that encouraged me to start viewing meditation in a different way, and it started making a little more sense to me. Instead of viewing meditation as something I had to sit down and "*do*" I started thinking of it more as a state of "*being*". That's all meditation is, really. Quieting the "outside world" (so to speak) enough to where you are mentally just purely in the moment. Previously, I couldn't quite figure out why I had a hard time sitting down to do that. But then, I started thinking about times where I feel like that. Times where my mind is completely enthralled in the moment, my brain is firing off these amazing feelings and I am completely captivated and unable to think about anything else. You guessed it: it happens when I'm singing.

I realized that I am often able to go into full trance mode when I am performing onstage. I am not worried about if I forgot to take the trash bins out to the curb, if I left the curling iron plugged in, or about what I'm going to eat for dinner tonight. Singing on stage for me puts me in a state of trance and deep meditation at times. If you've ever experienced this, good news: you have the ability to meditate in other ways, too!

While the act of singing on its own can provide mind-clearing, spirit-lifting, meditation-like effects, I've found it very useful to meditate in the "traditional" way in order to maximize my mental clarity and overall peaceful inner balance. This took some practice, so be patient with yourself if it takes time to find your rhythm. It took me a while to learn how to calm my mind "on cue", especially during times that were particularly stressful and/or busy. Now, this is an invaluable gift that has helped exponentially.

Tips for an optimal meditation practice:

**Create a Quiet Space.**



You can practice meditation just about anywhere, but a quiet space that you dedicate to meditation is best. Sitting comfortably on a cushion, pillow or soft chair in a tidy place free from distractions is ideal.

### **Maintain good posture.**

The most important thing is that you feel comfortable and are not distracted by the positioning of your body. The cross-legged position is optimal, but not the only position that can be used. Here are 7 steps to achieve that position.

1. Cross your legs on the ground, chair or cushion.
2. Rest your hands in your lap or on your knees, with palms facing upwards.
3. Hold your back comfortably straight – not too rigid, and not too hunched.
4. Release any tension from the jaw and relax your tongue.
5. Tilt your head forward slightly.
6. If you keep your eyes open, gaze downwards without focusing.
7. Hold the shoulders level and keep the elbows away from the body.

### **Become Aware of Your Breath.**

Concentrate on the rise and fall of the abdomen or the sensation of the breath passing through your lips or nostrils. With each exhalation, count one, two, three, etc. Try to do 7 to start out with. When you begin to experience the sensations of quietness, try to hold onto and experience them as much as possible.

### **Becoming Distracted.**

This is very normal, and even being aware that you're aware of the distractions is a good sign of progress. The best way to handle distractions is not to give into them or try to actively push them out of your mind. If a distracting thought arises, acknowledge it and return to focusing on your breath.

### **Be Patient with Yourself.**

It takes time to get the hang of it, that's why it's called a practice! Don't get discouraged if it doesn't come easily to you right away. It is possible to "try to hard" to meditate. If you are feeling frustrated, take a walk, get some fresh air, and try again later in the day.

You may, of course, meditate on your own, letting your own thoughts quiet the mind and take advantage of that stillness. For the purpose of maximizing the resources

featured in this guide, use this position as your physical starting place for the guided meditations below. (Click links to open)

## **Guided Meditations for Singers**

[Click Here to Access Meditations](#)

### **1. Self-Compassion Meditation**

*When to use:* As singers and performers, there are many times where we are extremely hard on ourselves, despite the free and fluid nature of our jobs. Some people have a tendency to get stuck on mistakes they've made, or shift blame onto themselves for things that are likely out of their control. For instance, say you left a rehearsal where you kept getting stuck on a part that you're still learning, and the director called you out on it. It may have felt extremely crummy in the moment, and even though it was meant to be constructive, you can't help but take it to heart. Use this guided meditation when you would like to practice more patience and compassion with yourself instead of criticizing.

### **2. Energizing & Inspirational Meditation**

*When to Use:* Do this meditation when you are getting pumped and excited for a rehearsal, a show, or even a personal practice session. This meditation will get you in an excited a state of mind and motivate you to complete the task at hand with vigor and a good attitude. You can use this as a remedy to a low-energy mood, or to just enhance your already good mood! You can never have too much positive energy when you are preparing to sing or perform, no matter what style it is.

### **3. Anxiety & Overthinking Meditation**

*When to Use:* Use this meditation to calm the mind at times when you are feeling anxious, uncertain or overwhelmed. This relaxing guided meditation with ease any racing thoughts you may be having and promote overall relaxation and balance. Let's

say you are really nervous about an audition and even though you are prepared for it, the nervous vibes are throwing you off focus. Turn on this meditation to re-group your thoughts and streamline nervous energy.

#### **4. Acknowledging Your Success Meditation**

*When to Use:* Use this audio when you get too caught up in work! As entertainers and performers, we often get a deep sense of imposter syndrome -- we may feel like no matter how hard we work or how much we do, we're still not good enough, or the work we're doing isn't where it should be *yet*. The environment that we work in is very fast-paced and it can be easy to overlook your achievements. Moreover, with the prevalence of social media, we are often comparing ourselves and our successes to that of others, and that can be a slippery slope into negative feelings. This mediation is great because it helps ground you in the moment and lays out the steps to appreciating and acknowledging the great things in your life that you should be proud of.

### **Affirmations for Singers**

I'm a firm believer in speaking things into existence. Believe it or not, the words that you say are extremely important to the outcome of your success. When you say things and believe them with fervor, they become that much more real. Saying positive words out loud create the energy that allows you to attract those very things that you are speaking into your life. Affirmations are short, simple expressions to help with creating your reality by speaking positivity and believing what you say with your whole heart. I have compiled some affirmations specifically for singers to help with their journey. Even if you don't necessarily feel that what you're saying is true for you now, the key is to say it until you believe it is true. Consequently, it will become so.

These affirmations help me to get into the right and positive mindset to receive what I am asking for. I recommend doing these affirmations every morning for a week to start out and then once a week when the words begin to become second nature to you.

My voice is useful to those around me.

My voice is a powerful force that effects positive change.



My voice evokes the emotions of others.  
I am confident every time I step on stage.  
I can have any singing job I desire.  
If I truly believe it, I can create it.  
People love watching me perform on stage.  
I have a magnetizing stage presence.  
Today I choose the beginner's mindset and open myself to boundless possibilities.  
My onstage persona is captivating.  
I use my gifts and talents to make the world a better place.  
I do my best every day to become a better singer.  
All things work together for my good.  
I am fully engaged with every audience that watches me.  
I have everything I need right now for an abundant life.  
I portray my emotions onstage beautifully and gracefully.  
I am always learning.  
Every morning, I am born again. What I do today matters most  
I am committed to my own success  
I am worthy of love, and I choose to love myself.  
I am true to myself and my essence every time I sing.  
I will hold myself to a standard of grace, not perfection.  
I am enough.  
I am the architect of my life.  
The success of my singing career does not define my self-worth.  
I choose not to worry about the things I cannot control.  
I am the version of myself every day.  
I am blessed and I am grateful.  
Singing is what I love, not who I am.

## Part Two: Vocal Health

I think I've made it very clear throughout this guide that physical and mental health and vocal health go hand in hand. So far, we've covered some aspects of keeping your mind well and balanced, and you'll see in the next few chapters how healthy foods and exercise can impact you in a great way. This chapter will offer information about wellness and the voice itself.

### When it comes to vocal health, we must see ourselves as athletes!

Most people, whether they are singers or not, use their voices all day, every day, so many don't regard their voices as something to be *actively* protected, maintained, and checked-in with. Much like any athlete cares after their body and are deeply in tune with how it's feeling when they are playing the game, so we need to be with our voices.

To describe how the voice works in the most essential terms: we create sound when air passes through the muscles and tissues in the larynx (vocal folds) as they "slam" together at varying different speeds. This motion does so in such a delicate way when we're using proper technique, doesn't cause any trauma whatsoever. Efficient singing shouldn't require any strain, pain, or fatigue when done right. The source of your power when you sing should come from your lungs, and then be modified by the changes in the rest of the body parts used for singing: the lips, the jaws, the vocal folds, and so on.

### Vocal Health Do's & Don'ts

Do:

- **Warm up every single time you have to sing.** Your voice teacher can create a specialized warm up routine for you that you can change as often as you wish. No matter how long or short of a time you plan to sing, always do a vocal warmup to get circulation to the vocal folds before using them more intensely i.e. practicing or performing. Using a conditioned and warmed-up voice every time you go sing will make an impact on your longevity as a singer, so it is incredibly important to NEVER SKIP YOUR WARMUP!
- **Drink up to 64 oz of water per day.** The good mucus that our bodies produce is excellent for lubricating the vocal folds. When the vocal folds are dehydrated, it takes more air pressure to be able to sing, and therefore can cause more vocal trauma. It's important to drink water all day long to maintain a thin layer of mucus. If you drink water right before you have to sing, it's too late!
- **Limit voice use.** Since we use our voices every day to communicate with others, it can be counterintuitive to consciously *stop* using it at times. Overusing the voice can lead to strain and fatigue so don't hesitate to take a few hours of each day off if its normal for you to talk excessively throughout your day. Loud talking and shouting are also a huge no-no.
- **Try to consume healthy foods.** Not only will a healthy balanced diet combat illness, consuming healthy meals can have a great impact on your voice. Later in this guide, you will see a few examples of healthy foods that are conducive to your overall health as well as the health of your voice. This is something you must do your own trial and error on, but as a rule of thumb: Foods that are highly acidic and spicy **can** influence your voice negatively. Additionally, highly processed foods and sugary foods can increase mucus production, which also can also be detrimental to your voice. Stick to lean proteins, whole grains, and lots of fresh fruits and vegetables.
- **Utilize steam.** Steam inhalation has been a game changer for my vocal health! I have really been reaping the benefits of using a personal steamer/nebulizer before and after I sing. I incorporate it as a part of my warmup. Steaming is great for adding extra hydration and lubrication for the voice and sinuses. The steam is very soothing and combats vocal dryness caused by weather, A/C, or allergies. You can find the steamer I use [here](#). Other options are personal humidifiers which are typically easy to find inexpensively at the drugstore. Or you could go

the old-fashioned route and (CAREFULLY!) stand directly face down over a bowl of very hot water and place a towel over your head for about 5-10 minutes. The steam really does work wonders!

### **Don't:**

- **Overdo It.** Don't Push yourself to sing if you are feeling any pain or discomfort in your voice. Know your own limits and always advocate for yourself if you feel that you risk vocal injury, no matter the circumstance. Your voice teacher can help you develop your own self-diagnostic to be able to know your own vocal limits and boundaries for that day. For example. If I can't do a full "woo" slide from chest voice into falsetto and back down into my chest voice, that is my signifying sign that I am unable to sing that day and that I need to rest.
- **Give in to bad habits.** Drinking alcohol, smoking (anything), eating highly acidic or spicy foods, and being too lazy to do vocal health routine can have very damaging effects, both short and long term. The truth is that smoke inhalation of any type is damaging to the voice. This includes cigarettes, marijuana, vaping, and being around second-hand smoke. Alcohol may be a fun way to decompress after a night of performing or hanging with friends, but it is extremely drying to your body and therefore dehydrating to the voice. Discipline is a fundamental to maintaining vocal health, even if it seems inconvenient at times.

## **Helpful Vitamins and Herbs**

I love taking vitamins daily that help to boost my immunity and protect me from getting sick. As we know, getting sick is enemy #1 as a singer because you could be at risk of losing your voice! So, prevention methods and building your immune system is key. Consult a healthcare professional before trying any of these. There are a lot of different vitamins and herbs I love to use, and many are very inexpensive and easy to come by at your local health or grocery store

- **1000mg of vitamin C** - I take this daily for a general immunity boost!
- **Dr Tierra's Wild Cherry Bark Syrup** - Natural cough syrup to take whenever you get that slight tickle that you might be getting sick
- **Elderberry Syrup or Gummies** - another great go-to for immunity

- **Boiled Fresh Ginger in Hot Water** –peel, chop, and boil the ginger, then drink the remaining water for antioxidants and antiviral benefits. Add lemon if desired!
- **Any herbal tea** – I love chamomile, rooibos, and chai. Avoid caffeinated drinks if you can!
- **Black Seed Oil Capsules** – great for deep sleep and joint pain (random, but awesome) great immunity benefits as well
- **1 tsp Manuka Honey** I take a little bit in moderation for vocal dryness

## Vocal Changes and Visiting a Doctor

It is completely normal to experience changes in our voices depending on many factors: what we eat or drink, the time of day, allergies, medications, stress, and more.

As a professional or aspiring professional voice user, it is important to notice when those changes occur and be able to properly assess them. There are many things that can be done to ensure that your voice is always being maintained at its optimum level.

If you notice any change to your voice that's lasted longer than two weeks, i.e. it's taking you longer to warm up or you are having trouble reaching a note that has never been a problem for you, you should arrange to see a specialist. If you're experiencing pain or bleeding – you should see a specialist right away.

You'll want to see a laryngologist or a singing voice specialist. You can also visit an ENT (Ear, Nose and Throat) doctor and ensure that they use a stroboscope – an instrument used to view the larynx on the inside. Acupuncturists, Masseuses and Chiropractors can all be of help as well, depending on the issue.

## Developing a Vocal Routine

As you become more acquainted with your voice, whether that's by doing more performances, or just amping up the frequency in which you practice, it's important to have your own personalized vocal health routine. It doesn't need to be anything fancy,



and you will discover what works for you as you try different things, but as a singer you should be doing something. Some things are preventative measures while others are deliberate actions that I do before singing to maintain the health of my voice. Here are some components of my vocal health routine:

	Preventative	Active
Get enough rest (8 hours each night)	x	
Take vitamins	x	
Eat healthy meals	x	
Utilize steam		x
Herbs & Tea		x
Hydration	x	x
Complete a proper vocal warmup	x	x

## Part Three: Healthy Recipes

Now for some fun! I've put together a variety of delicious healthy meal ideas and recipes that I have made dozens of times. Clean eating is important 100% of the time, and just like athletes, we singers must fuel ourselves with nourishing foods that will result in optimum performance from our bodies and voices.

These are some light and fresh ideas that are quite easy to make with just a few ingredients, and you can dress them up or down however you'd like!

If you're just getting started on your journey to eating a little healthier, these recipes will give you some examples and ideas. Even if you eat clean often, I think you'll still benefit from this unique list of healthy foods.

You'll notice that many of these recipes are vegetarian, or plant based. However, that is not to say that this is the best or "optimal" way to eat in order to be healthy. I personally don't eat a lot of meat, so this reflects my diet somewhat, but you can add whichever protein you like to any of these recipes and they'll taste just as delicious!



## **Beverages**

Best-Ever Smoothies & Juices  
Healthy Hot Chocolate  
Refreshing Iced Tea  
Fruit Infused Water

## **Breakfast**

Avocado Toast  
Sunrise Parfait  
Savory Oatmeal  
PB & Peach Pumpkin Toast  
Garden Omelet

## **Lunch and Dinner Meals**

Pesto Zoodles  
Mouth-Watering Lemon Garlic Salmon  
Spicy Vegetable Curry w/ Coconut rice  
Pan Roasted Veggies  
Buddha Bowl  
Quinoa Black Bean Burgers with Cilantro Lime Dressing  
Rainbow Salad  
Carrot Ginger Soup

## **Snacks**

Roasted Chickpeas  
Homemade granola bars  
Brussel & Kale Chips

# BEVERAGES

## Best-Ever Smoothies

These smoothies are a great way to get your daily serving of fruits. They're also a fresh and filling way to start the day or to tie you over between meals. Adding your favorite protein powder to any of these can make these a great meal replacement if you're on the go!

### Monkey Business

1 banana  
1 tbsp peanut butter or almond butter  
½ cup water, flax or almond milk  
1 cup ice  
1 cup raw spinach  
1 scoop chocolate or vanilla protein powder (optional)  
1 tbsp ground coffee for a little jolt (optional)  
Dash cinnamon/half dash nutmeg

### Berry Medley

1 cup fresh or frozen berries  
1 cup raw spinach or kale  
1 banana  
½ cup vanilla or plain yogurt  
½ cup ice  
½ cup water, flax or almond milk  
2 tbsp chia seeds

### Tropical Storm

½ cup frozen peaches  
½ cup frozen pineapple  
2 tbsp coconut flakes  
1 scoop vanilla protein powder (optional)  
½ cup vanilla or plain yogurt  
½ cup ice  
½ cup orange juice

## Fruit-Infused Water

Slicing a bit of fruit and adding it to your daily water can be a great way to keep things interesting! Try adding different flavors and see which is your favorite! You could add a few pieces of cucumber, lemon, lime, orange, basil, grapefruit, mango, or melon!

## Juices

If you have a juicer, I encourage you to try these delicious and nutritious juices. When you juice the vegetables, you are getting all the nutrient rich juices from inside. They are delicious and very energizing!

### Carrot Sunrise

5 large carrots  
1 orange  
1 apple  
½ lemon (if you like a little zing)

### Green Go-Getter

1 bunch raw spinach  
5 celery sticks  
1 bunch cilantro or parsley  
1 green apple  
3 knobs of ginger root  
1 lemon

### Feel the Beet

2 beets  
5 carrots  
1 apple  
3 knobs ginger root if you want a spice kick

## Iced Teas

Works best with: Berry tea, Black Tea, Green Tea

Steep the tea of your choice in boiled water and let cool. Add lemonade and ice, and if you like your tea sweetened, you can add stevia or honey. Serve chilled and enjoy!

## Healthy Hot Chocolate

1 cup light coconut milk (from the can)  
1 1/2 cups unsweetened almond milk  
½ teaspoon vanilla extract  
2 tablespoons pure maple syrup  
2 tablespoons unsweetened cocoa powder (I use Ghirardelli's 100% unsweetened cocoa powder)  
Pinch of sea salt to taste and a dash of cinnamon/nutmeg if desired.



Combine all ingredients into a small saucepan. Whisk vigorously at a low heat. Do not allow it to boil to ensure you don't get a burnt taste from the almond milk. Top

## BREAKFASTS

### World-Famous Avocado Toast

Now, you may be thinking, it's just toast, what's the big deal? Well, I can assure you it's a creamy, open faced big deal that is totally addicting. Trust me.

1 large slice sourdough bread  
½ an avocado  
1 tsp coconut oil  
Pinch red pepper flakes  
Large grain sea salt

Spread or drizzle coconut oil on toast, top with avocado, red pepper flakes and sea salt.

### Savory Oatmeal

Here's a way to make oatmeal a little more filling and a lot more interesting! This warm, hearty bowl of goodness puts a spin on your regular oatmeal breakfast.

½ cup quick oats  
¼ cup water or almond milk  
1 fried egg  
½ cup chopped mushrooms  
1 cup spinach  
¼ cup shredded cheddar cheese (optional)  
Drizzle of hot sauce (optional)

Step 1: Sauté mushrooms and spinach and set aside.

Step 2: Fry egg while the skillet is still hot to your desired consistency/runniness.

Step 3: Add water or almond milk to bowl of quick oats and microwave on high for 1 minute.

Step 4: Stir in cheese, if desired.

Step 5: Add veggies and fried egg to oats and top with a drizzle of hot sauce, and a sprinkle of salt and pepper.

### Sunrise Parfait

½ cup plain yogurt  
½ cup granola

Fruit of choice: I like strawberries, raspberries and banana! But you can use anything ☺  
Sprinkle of Pumpkin seeds, chia seeds, and coconut shavings.  
Drizzle of raw honey (optional)

## LUNCH AND DINNER MEALS

### Pesto Zoodles

Serves 2

This is a flavorful, light dish that is delicious when served hot or cold! It's also gluten-free friendly!

*What You'll Need:*

2 Large Zucchini  
2 Roma tomatoes  
Fresh basil  
Minced Garlic  
½ tsp salt and pepper to taste  
½ tsp olive oil

Pesto sauce:

You can buy a pre-made jar of pesto sauce, but if you want to make your own, you'll need:

2 cups basil leaves (no stems)  
2 tablespoons pine nuts or walnuts  
2 large cloves garlic  
½ cup extra virgin olive oil  
½ cup freshly grated parmesan cheese

Combine the above ingredients into a food processor, adding the oil in slowly with the machine running.

**Step 1:** Dice the tomatoes and spiralize the zucchini into "noodles". There are several ways to do this, from using a vegetable spiralizer to cutting them into thin strips by hand. For all the different techniques on how to do this, check out this video: <https://downshiftology.com/recipes/how-to-make-and-cook-zucchini-noodles-the-most-popular-methods/>

**Step 2:** To eat this dish warm, heat olive oil and the minced garlic in a skillet and sauté the zoodles for 1-2 minutes.

**Step 3:** Combine the zoodles with pesto and toss until they are fully coated. Add salt and pepper and top with the chopped Roma tomatoes.

**Step 4:** Dice the tomatoes into small cubes and set aside

**Step 5:** Top with parmesan cheese and basil leaves to garnish, if desired.

## Carrot Ginger Soup

Nothing says cozy like a nice, hearty bowl of soup. Get that fuzzy feeling with this delicious soup that is both sweet and satisfying.

*What You'll Need:*

- 1 tbsp coconut oil
- 1 medium sized yellow onion chopped
- 1 clove garlic minced
- 3 tbsp chopped fresh ginger\*
- 1 lb carrots peeled and chopped (baby carrots are also fine)
- 24-32 oz vegetable broth\*\*
- 1 14 oz can of coconut cream or coconut milk
- 1/2 tsp salt + more to taste

**Step 1:** Begin by heating up a large skillet to medium high heat. Melt the coconut oil.

**Step 2:** Add onion, garlic, and ginger. Cook until fragrant and onion is almost clear, about 5 minutes.

**Step 3:** Add carrots and vegetable broth or stock, bring to a boil.

**Step 4:** Reduce heat to simmer. Cook until carrots are nice and soft, about 25 minutes.

**Step 5:** Slowly stir in coconut milk (or coconut cream if using).

**Step 6:** With an immersion blender, blend soup until smooth. You can also use a regular blender and blend in batches. Add salt to taste. Serve hot!

Source: <https://www.wholesomelicious.com/creamy-carrot-and-ginger-soup-dairy-free/>

## Sage-Roasted Pan Veggies

This super-easy veggie dish is an easy way to make plain vegetables feel gourmet. These veggies are just crisp enough and have an oven-roasted flavor to die for.

What You'll Need:

3 large carrots, peeled  
1 large zucchini  
1 large yellow squash

½ tsp ground sage  
1tbsp olive oil  
½ tsp salt  
½ garlic powder  
½ tsp thyme

**Step 1:** Preheat oven to 375 degrees. Chop the carrots, zucchini and yellow squash into spears about ½ inch thick, and 3-4 inches long.

**Step 2:** Spread the chopped veggies on a baking sheet lined with parchment paper. Make sure they're laid out flat and not overlapping.

**Step 3:** Drizzle the veggies with olive oil and sprinkle the seasonings on them one by one.

**Step 4:** Bake for 15-20 minutes or to your desired crispness.

## Buddha Bowl

I like to think of a Buddha bowl as a fancier or heartier version of a salad. This bowl is flavorful and highly customizable to your taste! To make a Buddha bowl, follow the format listed below. You can choose one, all, or none from each category and make your own perfect combo.

### Green Base:

Raw Spinach, Romaine, Raw Zoodles

### Warm & Sauteed:

Mushroom, Spinach, White Onion, Bell Pepper

### Protein:

Tofu, Lean Turkey or Chicken, Edamame, Black or Pinto Beans, Lentils

### Complete Carb:

Quinoa, Sweet Potato, Brown Rice

### Topper:

Chili Garlic Sauce, Avocado, Sesame Seeds, Tzatziki sauce or Hummus





## Oven-Baked Salmon

One of the best things about salmon is that you don't need much to make it delicious! This is a super-easy, super healthy way to make salmon with the simplest ingredients.

Frozen or fresh salmon  
Lemon juice or thinly sliced lemons  
Salt, pepper, garlic powder, dill weed

Step 1: Preheat the oven to 450

Step 2: Sprinkle seasonings and place lemon slices/lemon juice evenly over the salmon.

Step 3: Place salmon, skin side down, on a non-stick baking sheet or in a non-stick pan with an oven-proof handle.

Step 4: Bake until salmon is cooked through, about 12 to 15 minutes.

## Rainbow Salad

Or as I like to sometimes call it a "cleansing salad". This salad will stick to your ribs and keep you satiated all day. Much like the Buddha bowl, you can customize your salad to your liking. Just make sure it's colorful!

Carrot matchsticks  
Cherry tomatoes  
½ chopped green apple  
Alfalfa sprouts  
Pumpkin seeds  
Cucumber, chopped or spiralized  
Red onion  
Edamame  
½ Avocado

## Spicy Vegetable Curry with Coconut Rice

Spice is nice, especially over rice! This is one of my favorite dishes. The flavor from the sauces and veggies together is magnificent! Ever since getting my rice cooker, I have only wanted to make this sweet and fluffy coconut rice.

1 can of chickpeas, drained  
1 cauliflower  
Sweet potato  
Broccoli crown  
½ cup Green beans  
½ cup chopped Carrots  
½ Chopped red bell pepper  
1 jar of simmer sauce (Tikka marsala, yellow curry, etc., Your choice! This can be found in the Asian foods section)  
Cilantro for garnish (optional)

Combine all ingredients into a large saucepan on medium heat for 15 minutes. Turn the fire on low and let simmer for another 15 minutes or until your veggies are at your desired tenderness!

1 cup white rice  
1 cup full fat coconut milk  
1 cup water

Combine rice and water into a rice cooker. When rice is fluffy, pour veggie curry mixture over rice and enjoy!

# Quinoa Black Bean Burgers with Creamy Cilantro Lime Dipping Sauce

There's not much I love more than a nice hearty burger. Topped with the zesty cilantro lime sauce, these filling plant-based patties will have your mouth watering!

½ cup cooked quinoa  
½ cup cooked black beans  
1 egg  
¼ cup finely diced carrots  
¼ cup finely diced white onion  
½ cup almond flour  
¼ fresh or frozen corn  
¼ cup finely diced celery  
Spices: salt, pepper, paprika, garlic powder & thyme

Mash all of the ingredients together, adding more flour or water as needed to form the mixture into patties about ½ inch thick and 3 ½ inches in diameter.

Oven: Lay patties flat on a parchment paper-lined baking sheet. Bake for 25-30 mins

Skillet: Heat 1 tbsp olive oil on high. Cook patties until crisp and evenly cooked on both sides.

## Creamy Cilantro-Line Dressing/Dipping Sauce

2 Tablespoons olive oil  
½ avocado (peeled and pitted)  
¼ cup water  
½ cup chopped green onion  
¾ cup cilantro leaves  
2 cloves garlic (diced)  
Juice of 1 lime  
½ teaspoon salt  
½ cup sour cream or Greek yogurt

Blend together all ingredients into a food processor or blender.

# SNACKS

## Roasted Chickpeas

Savory snack fans, rejoice! These protein-packed roasted chickpeas are easy to make and even easier to pop into your bag for a healthy snack on the go.

### *What You'll Need*

1 can Chickpeas  
Red chili flakes  
Garlic powder  
Onion Powder

Preheat oven to 400 degrees.

Drain the cooked chickpeas and pat dry.

Lay the chickpeas flat on a baking sheet lined with parchment paper

Generously sprinkle chickpeas with spices

Bake for 30-40 minutes so that they become crispy.

Enjoy!

## **Homemade (Healthier) Granola Bars**

What? A granola bar that's not overly sweet, overpriced, doesn't crumble into a million pieces when you take a bite? Yep! Here's where you sign up!

### *What You'll Need:*

3 cups old fashioned oats  
½ cup your choice of dried fruit (raisins, cranberries, chopped apricots, pineapple, apple, or berries)  
¼ cup honey  
½ cup creamy peanut butter  
¼ cup pumpkin seeds or sunflower seeds  
¼ cup mini chocolate chips  
1 tbsp olive oil

Mix all the ingredients in a large bowl.

Line a large baking sheet with parchment paper and then flatten the mixture evenly. You can even lay a sheet of parchment paper on top and gently press down with your hand or the flat bottom of a measuring cup to make sure it's all the way even!

Let them firm up in the freezer for 20 minutes

Remove from freezer and cut them into bars about 2 by 4 inches.

## Brussels Sprouts Chips

I can't get enough of salty snacks, and I've had to make a conscious effort to choose healthier alternatives. You can make these and snack on them every time you feel like binging on potato chips.

### *What You'll Need*

1/2 lb. brussels sprouts, thinly sliced  
1 tbsp. extra-virgin olive oil  
2 tbsp. freshly grated Parmesan, plus more for garnish  
1 tsp. garlic powder  
Kosher salt  
Freshly ground black pepper  
Caesar dressing, for dipping

Step 1: Preheat oven to 400°. In a large bowl, toss brussels sprouts with oil, Parmesan, and garlic powder and season with salt and pepper. Spread in an even layer on a medium baking sheet.

Step 2: Bake 10 minutes, toss, and bake 8 to 10 minutes more, until crisp and golden. Garnish with more Parmesan and serve with Caesar dressing for dipping.



## Part Four: Fitness for Singers

This part is always fun for me- because I love fitness! I was a fitness instructor on the side for many years, and it was fun combining something that I love as much as singing with something that is not only fun, but very essential to our overall health. Incorporating some fitness principles into your singing practice/regimen can reap incredible benefits for your overall progress as a singer. If you've taken any lessons with me, you know that many things about singing are intertwined with elements of your physical body. I have been fortunate to have access to lots of different styles of exercise that have made working out fun and interesting for me even after all of these years.

***“But wait... I'm a singer, not a gym rat!”***

Now, you may be thinking, oh no, do I *have* to work out a specific way or maintain a particular level of fitness to be a good singer? Absolutely not! There is literally no set weight, size, amount of muscle tone, flexibility, fitness level (or lack thereof) needed to be a great singer. However, as you know because I have mentioned all throughout this handbook, everything is connected. So prioritizing physical health in the form of moving your body with exercise can and will only benefit you. Always remember that your voice is a part of your body!

### **Before you begin**

Here's what you'll need before getting started on any of these awesome exercises:

- Lots of space in a room at home or gym studio
- A Yoga Mat or Towel
- Stability Ball – We will use this for our core exercises. Most gyms have these! If you don't have one, you can use the edge of a chair or stool.
- Small weights - Optional, but you can add these if you want an extra challenge!
- Plenty of Water
- A can-do attitude!

**READ ON TO GET STARTED!**



# #1 - Warmup Exercises

In this first video, we get started by doing some warmup exercises as well as some stretching, posture and breathwork. Click the link below to view the video!

[Warmup Exercises](#)

## #2 - 10-minute Stability and Core Workout

In this workout, we are focusing on stability and core. Having a strong rooted core can be incredibly helpful when singing. Use this video to enhance your core with some fun and simple exercises. Equipment used: stability ball, yoga mat

[Stability & Core Workout](#)

## #3 - Total Body Burn

Ready to sweat? Good! Because part three of this series is a full body burn! This lengthier video goes deeper into a full body workout targeting the main muscle groups for improving toning and strength.

[Total Body Burn](#)

## A word about Singing and Cardio

A few months ago, I had a reel on Instagram go viral (to my standards, anyway) of me running on the treadmill while fully belting "What's Up?" by 4 non-Blondes in my apartment complex gym. Aside from some impressed and some very confused looks from fellow gym-goers, it felt completely normal. My goal with posting that video was to answer the age-old question: does cardio help with singing? Does it improve vocal stamina and strength? There are accounts and retellings of stories about Beyoncé, Lizzo and Miley Cyrus running on the treadmill and effortlessly belting out notes with ease. I wanted to see if it was possible. And it went well! For me, it was a culmination of many years of singing, dance, and musical theatre, not to mention cruise ship production shows that required me to perform 6 nights a week as well as a rock-solid conditioning from performing and working out several times a week in my life currently. My answer is a resounding YES! I will be the first to say that doing cardio around 3-4 times in a week helps not only my overall fitness, but my vocal stamina and my breath support and control which is incredibly important for singing. I would recommend adding or ramping up the cardio exercises to your workout regimen. Some of my favorite cardio methods are cycling, running, elliptical, swimming and dance.

Thanks for taking the time to grab this handbook! I do hope it was beneficial for you. If you have any additional questions, comments, or concerns, feel free to reach out to me anytime at [info@dynamicvoicessingingstudio.com](mailto:info@dynamicvoicessingingstudio.com) and I wish you all the best on your singing and vocal wellness journey!

***Check out additional resources from Dynamic Voices Singing Studio:***

**Official Website:**

[www.dynamicvoicessingingstudio.com](http://www.dynamicvoicessingingstudio.com)

There, you'll find:

- **The Interactive, Self-paced Online Course:**  
“Singer Strategy: 8 Weeks to Better Singing”
- **The Singer’s Boutique: Apparel and Accessories for Performers**

**Dynamic Voices Private Group**

A forum for like-minded singers to share questions, info, and resources.

**Want to be considered for singing jobs?**

Join the Dynamic Voices Elite Subs Database

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Search for “Alyssa Harris Music” or “Dynamic Voices Singing Studio” on YouTube

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