

# EXERCISES FOR THE VOICE

To keep your voice healthy, clear, and impactful, do these warm-ups before any type of speaking engagement. Take the time to care for your physical voice, and remember that it is what comes out of you and is a reflection of your “inner voice.”

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Lead From Your Voice  
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**1**

## Open your chest, shoulders & neck

### Belly Breathing 3x

- INHALE fill belly like a balloon, arms up
- EXHALE blow the air out slowly, arms down

### Breath Push 3x

- INHALE fill belly like a balloon
- EXHALE blow the air out quickly & push arms forward

### Cat Hiss 3x

- INHALE fill belly like a balloon
- EXHALE make “Ssssss” sound slowly & push arms forward

**2**

## Warm up your face

### Yawn 3x Smile 3x

- Make a big smile & release the smile slowly

### Jaw Massage 3x

- Drag fingers down the sides of the jaw

**3**

## Warm up your mouth

### Tongue Circles 3x

- Open mouth, make large, slow circles with tongue

### Tongue Press 3x

- Press back of tongue to roof of mouth and release

### Tongue Roll 3x

- With lips open, suspend tongue in center of mouth near the roof of the palate & and blow air from the throat to make the tongue vibrate

**4**

## Radiate your sound forward

### Say “Mmmm Hmmm” 10x Vocal Slides 5x

- Say “Ahh” with a high sound & round your body forward

### Say “Rung Rung Rung” 10x