



905

Deliver

Remember to hydrate and eat the right things on the day. Practice BESS and the physical and vocal warmups until they become automatic for you. As a reminder, here are the warmups so you can keep this note in a mobile device and review it any time.

Body warmup
Breathe in/out for counts of 2, 4, 6 then 8, hands on tummy
Stretch up, palms together
Arms down and behind back, palms together
Facial yoga, arms still behind back
Forward bend, arms still behind back
Release arms and hang, relax
Stretch down actively - be gentle
Come back up; shoulder rolls
Side stretches
Vocal warmup
Breathe in, raise arms; moan out, lower arms
Lips: bo-bo-bo and brrrrr
Tongue: la-la-la and rolled rrrrr
Siren: weeee-awwww, high's to lowest (listen for breaks and repeat until smooth)