



No.6: How to warm up your body and voice.

Presenting is a very physical thing to do. It taxes your body and your vocal chords as well as your brain. So, it's a good idea to be in the right shape and frame of mind as you walk out into the spotlight. Here are some tips about how to do just that.

Physical warm up exercises

You wouldn't think so, but doing physical warming up exercises can be make-or-break before any presentation – literally! Warming up your ankles, for instance, helps prevent any nasty trip-ups as you make your way to the stage. Here are a series of tip-toe exercises to get your body warmed up.

- ☐ Feet a foot apart, shoulders down, back straight, head looking forward. Then head slowly down wait a second, rotate to the left and then lift head up looking over your left shoulder. Head down and rotate back to the centre with your chin on your chest slowly bring head up and look forward. Repeat this sequence to the right. Then repeat total left and right in turn 6 times.
- ☐ Roll your shoulders forward and back 8 times
- ☐ Put your left arm straight above your head with your right grasping it at the elbow. With your shoulders above your hips bend to the right and hold for 10 seconds. Change your hands over and bend to the left and hold. Repeat set 3 times.
- ☐ Rotate and bend your hips from side to side
- ☐ Put your legs together and, with your hands on your knees, bend and rotate your knees 4 times in each direction.
- ☐ Rotate each ankle 8 times clockwise and anti-clockwise.
- ☐ Once you have done all those exercises have a very good shake all over.



No.6: How to warm up your body and voice (cont...)

Vocal warm up exercises

Most professional presenters and speakers go through a series of exercises before they face their audiences, and all of the ones we've outlined here are familiar to actors and actresses too. If you're not relaxed and in the right frame of mind when you start to speak you could come across as either nervous or wooden, and that will get in the way of your message.

- ☐ Place your hands on your lower ribs. Slowly breathe in through the nose and out through the mouth.
- ☐ One great exercise for pitch and breath control is to hum any simple tune you know with an 'M' sound. Don't push the voice from the throat, breathe easily and hum gently. Without changing the pitch increase and decrease the force - this exercise also helps improve your breath capacity.
- ☐ Articulation and diction is essential to making sure your audience can all understand you - say each one of the flowing sounds as fast as you can, repeating them for as long as you can... in a single breath!

P F TH T S K H

- ☐ Here's another great articulation exercise: Read the following out loud, making sure you pronounce all the consonants clearly...

In Tooting, two tutors astute
Tried to toot a Duke on a flute
But duets so gruelling
End only in duelling
When tutors astute toot the flute!