

# SINGING IS **GOOD** FOR YOU!



***It's official: singing is good for you.  
And singing in a group is even better!***

Barbershop style men's choir, the Sydney Harmony Chorus, are in no doubt they're not just having fun... the latest medical evidence proves they're also keeping fit!



**Boost Your Brain** doctor **Helena Popovic** says the overwhelming weight of international research links singing with lower heart rate, decreased blood pressure and reduced stress. There's also increased lung capacity, better posture, lower incidence of asthma – *plus* the emotional benefits of singing as part of a group.

"It goes even further," says the vivacious medico whose motto is *'follow your heart and you'll live a life you love'*.

"Playing music is associated with lower incidences of dementia and Alzheimers... it's another testament to the power of 'neuroplasticity'.

"Beyond the aerobic benefits that promote heart health and give you a *longer* life, singing gives you a *better* life because it boosts your brain," adds Dr Popovic. "The endorphins and other neurochemicals that are stimulated when you take up singing – no matter how late in life – open new pathways in the brain."



Sydney Harmony Chorus members with host Dr Andrew Rochford on Channel 9's "What's Good for You"

Well-known Media lifestyle doctor and cardiologist, **Dr Ross Walker** agrees.

"If absence makes the heart grow fonder... music makes the heart grow stronger!"

**Long-time member of the cheery all-male choir and Northern Beaches GP, Dr Michael Beilby, is in no doubt they're right.**

"It's great facial exercise too; I owe my boyish good looks entirely to singing," he says - with a grin!

Barbershop music is a type of a *cappella* (unaccompanied) vocal music originally sung in quartets in the USA. Tenor, baritone and bass singers harmonise around a 'lead' singer.

**Dynamic Musical Director Vicki Dwyer rehearses with the men of the Sydney Harmony Chorus**



The choir perform regularly and compete in Eisteddfods and national, even international events. Late last year they sang up a storm in Hawaii and this September is the *big one*: the AAMBS Convention in Hobart. The Australian Association of Men's Barbershop Singers – with around 1000 members – holds its biennial convention including international guests, *healthy* competition and a stunning finale featuring the biggest sing in the southern hemisphere. That's *hearty!*

**Sydney Harmony welcomes new members.**

Visit [www.sydneyharmony.com.au](http://www.sydneyharmony.com.au)

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