

Can singing in a choir make me healthier?

Carrie: I love the sound of the human singing voice...and even better when it's in a group.

It's not just great to listen to – science shows that it's actually good for the singers too. Whether they're in a community choir, church choir or just a group of friends together, singing causes actual changes in the body, changes that make us happier and healthier.

This is the Rock Choir from Cambridge. What benefits do they feel from singing together?

Choir member: It lifts your soul and you just feel so fantastic afterwards.

Choir member: It just really makes me feel energised.

Choir member: It's a bit like going to the gym, afterwards you feel buzzing.

Carrie: The choir are benefiting from the fact that singing is an aerobic activity. When we breathe in for singing, we relax these tummy muscles, the lungs fill with air and oxygen goes straight into the bloodstream, improving our circulation.

But it's not just physical changes. When we sing, chemical changes take place that make us feel good.

Choir member: As soon as I get there and see everybody's smiling faces, I can just feel the stress...go.

Choir member: When you've left you think 'yes, that was good' and you get a tremendous amount of satisfaction from it.

Carrie: So if you don't already, why don't you give it a go?

Join a choir – it's guaranteed to make you feel healthier, happier and more upbeat about life.

And if you're a bit nervous about singing in public, a choir is the perfect setting...there's safety in numbers!