**Posture**  
  
*Sitting*  
  
Sit toward the front of your seat - without your back touching the back of the seat.  
  
Feet slightly apart with the weight of your body forward.   
  
Body tall with hips, spine, and head directly in line with one another (as if you're standing from the hips).   
  
Chest lifted to enhance breathing.   
  
Shoulders down and back.    
  
Arms naturally by the side of the body.   
  
*Standing*  
  
Feet shoulder-width apart with the weight of the body slightly forward.  
  
Knees slightly relaxed.    
  
Body tall with the hips, spine and head directly in line with one another.   
  
Chest lifted, shoulders back, and arms naturally by your sides.   
  
When holding a folder, DO NOT HOLD THE FOLDER AGAINST YOUR BODY. Holding it against your body not only inhibits your ability to breathe correctly, but is also too low to adequately watch the Conductor.   
  
**Vocal Health**  
  
*Tips For Treating Your Voice Right*  
  
Drink plenty of water - it's good for your chords (by the way, soda doesn’t count, and does more harm to your chords than good).  
  
Don't chew - no one wants to watch you take a deep breath and choke on your gum.   
  
If you have a sore throat and feel like singing is going to do more harm than good, don't over-sing.   
  
If you do feel sick, don't sing!  