**RED BULL FOR THE VOICE**



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**PHYSICAL ENERGY:**

* 1. Raise your heart rate..
* 2. Eat food that fuels the instrument.
* 3. Eat appropriate amount of food.
* 4. Be well rested before performance or rehearsal.
* 5. Know what is required of you in this moment.

**MENTAL ENERGY:**

* 1. Know the song completely.
* 2. Connect to the words.
* 3. Tell the story.

**VOCAL ENERGY:**

* + 1, Vocal exercise sounds
  + 2. Vocal sounds
  + 3. Laughter, crying, giggling, whispering
  + 4. Energy in the eyes/face
  + 5. Energy in intention