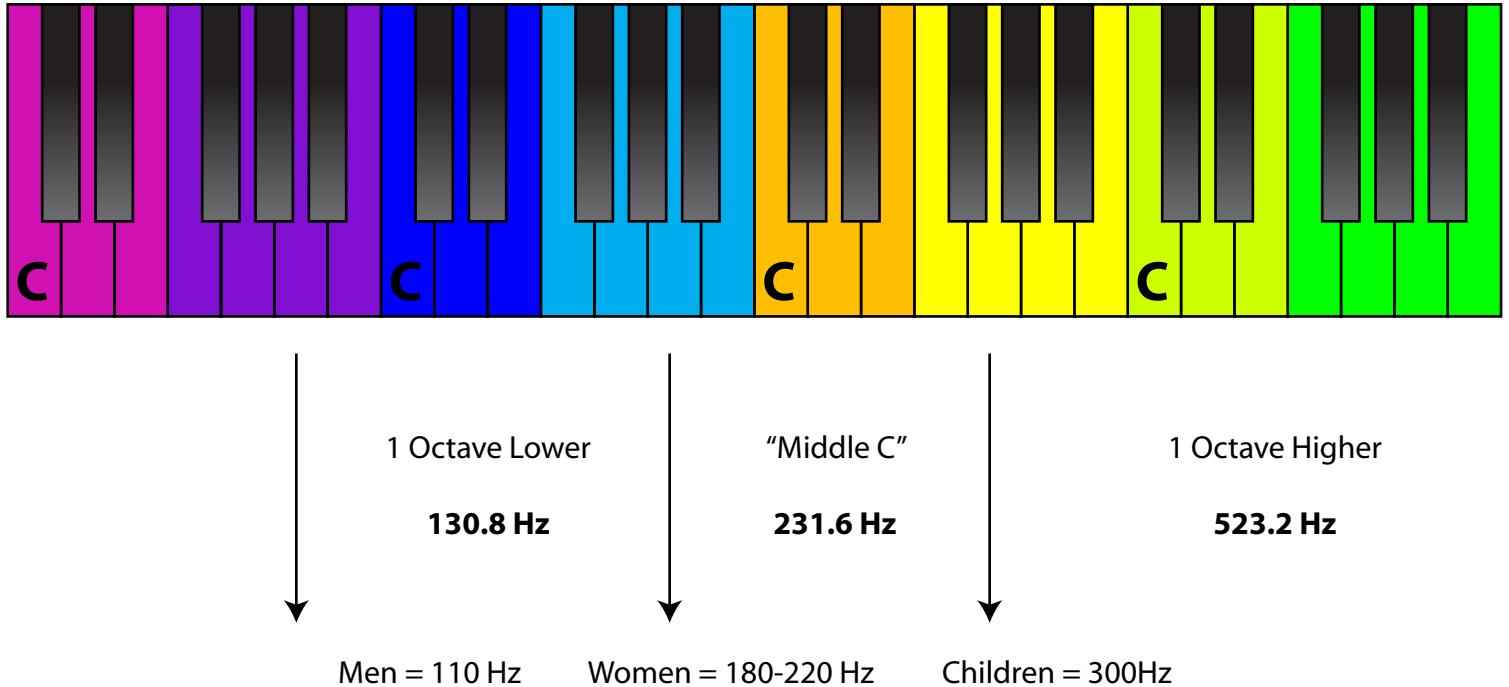


TYPICAL SPEAKING RANGES IN HERTZ (Cycles per Second)



Vocal fatigue can be remedied by phonating on an octave slide through a straw. Raising the pitch level of your speaking is also helpful; try to speak in a slightly higher, more relaxed "mix" quality instead of allowing the voice to drop to the "basement" of your pitch range. Make sure the larynx is relaxed, by "sighing" from a high to a low pitch.

For more information about how your voice works please visit www.singlikeastar.com

