

REPORTED BENEFITS OF BEING IN A CHOIR

Extract from The Daily Mail - 20th Dec 2011:-

A SINGALONG DOES YOU GOOD

Singing in a choir can boost your body and mind as well as making you feel even more festive at this time of year.

Evidence is growing in studies worldwide that belting out songs with others can strengthen the immune system and reduce stress.

It is also said to improve symptoms of conditions including Alzheimer's, depression and lung problems by improving breathing. On top of all that, being in a choir brings friendship and a sense of belonging.

One clear example is the hit BBC2 reality series The Choir, in which the men and women taught by choirmaster Gareth Malone became happier and more self-confident.

Researches in Germany found that antibodies in a choir singing Mozart's Requiem rose 46 per cent. The rise when they simply listened was marginal.
