
BBC LEARNING ENGLISH

Take Away English 隨身英語

Sing for your health!

為健康引吭高歌



字彙 : *singing* 唱歌

Whether you love to **belt out tunes** at **karaoke** or just **sing** in the shower, it turns out that singing can be good for both physical and mental health. And you don't even have to be good at it!

The physical and mental advantages of singing are caused by a combination of factors, according to Baishali Mukherjee from the World Federation of Music Therapy. He told BBC Future, "The physical **exertion** involved in singing – filling of our lungs, the firm control of our **vocal cords**, the movements of our mouth and body – is among the reasons why it can boost our mood." **Hitting all the notes** involves **breathing control** and the use of the **diaphragm**. This can lead to an increase of oxygen intake and lung capacity.

Also, apparently, singing in a group brings just as many benefits as **singing solo**. It has been estimated that over 2.2 million people in Britain now regularly sing in a **choir**. A choir can be **amateur** or professional and is made up of people who sing together, often **in harmony** with different people singing different parts, such as **soprano** or **tenor**, according to their **vocal range**.

A 2022 University of Vienna study found that **choral** singing enhances feelings of trust and bonding among a group, which can help with depression and loneliness. And, aside from mood-boosting, other proven mental health benefits of singing include a lowering of stress and anxiety levels due to the release of endorphins – the so-called 'happy hormones'.

So, whether you are a confident **vocalist** or not, give singing a go! You don't need an **instrument** because that's you. And yes, you might forget the **lyrics** or sound a little **out of tune**, but remember, there are a wealth of positives.

字彙表

belt out	引吭高歌
tune	曲子，旋律
karaoke	卡拉OK
sing	唱歌
exertion	力氣
vocal cord	聲帶
hit all the notes	唱準所有的音符
breathing control	呼吸控制
diaphragm	橫隔膜
singing solo	獨唱
choir	合唱團
amateur	業餘的，非職業的
in harmony	和聲
soprano	女高音
tenor	男高音
vocal range	音域
choral	合唱的
vocalist	歌手
instrument	樂器
lyric	歌詞
out of tune	走調的，音不准的

測驗與練習

1. 閱讀課文並回答問題。

1. What leads to an increase of oxygen intake and lung capacity when singing?
2. How many people are estimated to sing in a choir in the UK?
3. True or False? *People who sing in choirs are professional vocalists.*
4. How can singing in a choir help depression and loneliness?
5. Why can stress and anxiety levels be lowered when you sing?

2. 選擇意思恰當的單字或片語來完成下列句子。

1. My friends and I go to _____ regularly – we love it!

karaoke	diaphragm	instrument	exertion
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2. I can't _____ of this song. It's too high for my voice.

belt out	sing	hit all the notes	boost
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3. He's never sung _____ in front of an audience – he's too shy!

vocal range	choir	solo	lyrics
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4. Everyone in the group is an _____. They just sing as a hobby.

amateur	tenor	soprano	choral
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5. They sound so beautiful when everyone sings together _____.

out of tune	in harmony	tune	control
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答案

1. 閱讀課文並回答問題。

1. What leads to an increase of oxygen intake and lung capacity when singing?

Breathing control and use of the diaphragm.

2. How many people are estimated to sing in a choir in the UK?

It has been estimated that over 2.2 million people in Britain now sing regularly in a choir.

3. True or False? *People who sing in choirs are professional vocalists.*

False. A choir can be amateur or professional.

4. How can singing in a choir help depression and loneliness?

A 2022 University of Vienna study found that choral singing enhances feelings of trust and bonding among a group, which can help with depression and loneliness.

5. Why can stress and anxiety levels be lowered when you sing?

Because of the release of endorphins – the so-called 'happy hormones'.

2. 選擇意思恰當的單字或片語來完成下列句子。

1. My friends and I go to **karaoke** regularly – we love it!

2. I can't **hit all the notes** of this song. It's too high for my voice.

3. He's never sung **solo** in front of an audience – he's too shy!

4. Everyone in the group is an **amateur**. They just sing as a hobby.

5. They sound so beautiful when everyone sings together **in harmony**.