

Can singing in a choir make me healthier?

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1. Safety in numbers



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Whether you sing in the bath, with your children or on the football terraces, singing is fun. Thousands of us are joining choirs to give us more opportunities to get that sense of enjoyment.

But singing in a choir is more than just a bit of fun. It's been scientifically proven that it is good for your health: from getting more oxygen into the blood, to increasing the flow of feelgood hormones and improving mental health.

So just how can singing in a choir be good for you?

2. INTERACTIVE: Chemistry of a choir

When a choir performs, a number of chemical changes happen in the bodies of the singers that boost their mental health. Click or tap to discover more on the chemistry of a choir.

3. WATCH: Altogether now

Carrie Grant, presenter and vocal coach, joins a choir to hear how they experience the health benefits.

4. Harmonise and socialise



BBC

Choir master Gareth Malone is a great believer in the benefits of public singing.

There are lots of other benefits when it comes to joining a choir: there is the social side, the chance to make new friends and meet others who have an interest in music.

It can also be a real bonding experience. A recent study found that after just one singing class, people felt closer to each other than those taking part in other classes.

And, while we might not all be another Pavarotti or Christina Aguilera, by singing in a group we improve our musical ability and deepen our understanding of music. Learning something new helps boost self-esteem and confidence.

More and more of us seem to be taking the musical plunge. Helped by the influence of television choirmaster Gareth Malone and series such as Glee, there are now some 25,000 choirs across the UK. So, given it makes you feel good, and improves your health, why not join in?

5. Keeping the body in tune

As well as improving our frame of mind, singing can improve our health in a variety of ways. Click to find out more.

Get a lungful

Beat the bugs

Silent night



[What are the tingles we 'feel' when we listen to music?](#)