

Sing your way to better health

Run time - :44

ANCHOR LEDE:

Here's something to consider when singing holiday songs: it can boost your health. Tim Ditman of OSF HealthCare has more.

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NAT SOUND: Dr. Alina Paul sings

That's OSF physician Doctor Alina Paul, who sings and plays guitar for patients. She says benefits include pain reduction, better lung capacity, more confidence and a sense of belonging, and it even helps with dementia.

**\*\*\*SOUNDBITE\*\*\***

**Dr. Alina Paul, OSF HealthCare physician**

**"Don't take it as an exercise. Don't do it because you have to. Do it because you want to do it. Anybody can sing. Make a point to sing. It's like meditation. It's very beneficial." (:20)**

I'm Tim Ditman.

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ANCHOR TAG:

Use common sense, though. If singing causes your throat or chest to hurt, take a break.