

Sing your way to better health

ANCHOR LEDE

Here's something to consider when singing holiday songs: it can boost your health.

TAKE VO

OSF HealthCare physician Doctor Alina Paul 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.

SOT

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)

VO TAG

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