

a simple multitask exercise

Based on research going on in Japan for their aging community, though one of my vocal music professors at USC would NOT have approved!

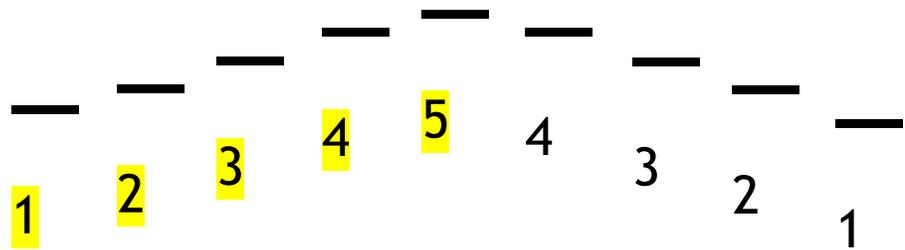
1. Using these sounds in this order:

PA

DA

KA

LA



2. While playing a: 3-tone, 4-tone, 5-tone scale (i.e.: **do, re, mi, fa, so**) on the table top; on your leg; on the arm of the chair watching TV commercials; in the car, on the bus... sitting anywhere!)
3. Why? 1. **It is the order of the tongue function when ingesting and swallowing food!** 2. It stimulates eye – hand coordination! **And** 3. it probably will improve your singing voice, too!