**Resource List for Maintaining a Healthy Voice by Lucy Fitz Gibbon**

Lucy’s website <https://lucyfitzgibbon.com/>

Other voice teachers’ websites recommended by Lucy:

David Jones <https://voiceteacher.com/>

Madeleine Harvey <https://www.youtube.com/@MadeleineHarveyVoice>

NY Times article on pelvic floor health for women (also applicable to men):

<https://www.nytimes.com/2023/02/17/well/move/pelvic-floor-exercise-kegels.html>

Video about intraoral massage to relax the mouth and jaw:

<https://www.youtube.com/watch?v=1fjt7_JhsPM>

Lucy’s favorite mask to sing in is a KF 94 (sometimes called a "fish" style mask). They are available in various sizes. An example of one:

<https://www.amazon.com/20Packs-KF94-Protective-Individually-Certified/dp/B08KDGFD1D>)

For situations where someone is particularly concerned about virus transmission, they may prefer to use another "fish" style N95 mask such as 3M's 9205+ Aurora mask, which should allow for a little more jaw mobility than a KN95 but within a mask that has a tighter fit:

<https://www.industrialsafetyproducts.com/3m-9205-aura-n95-particulate-respirator-niosh-approved/?sku=9205%20%20(Box%20of%2020)&gclid=CjwKCAjw_YShBhAiEiwAMomsEASCdubInwNG0_ia4qp5fT1vQal1w-nDRWHlAqK09lAtDahxLA4i6RoCCRwQAvD_BwE>