



FOR IMMEDIATE RELEASE
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Become a Vocal Athlete and Improve Your Singing
Vocal Fitness Training Publishes New Innovative e-Book and Online Course

Vocal Fitness Training's new book, *Sing! 20 Singing Lessons to Improve Your Voice*, offers the same professional teaching methods developed and taught by Jane Edgren at the Vocal Fitness Training Studio, where singers learn how to improve their vocal fitness and create a stronger, healthier, and more dependable voice. This unique e-book contains embedded links to vocal instruction and practicing resources using a mobile device or computer.

"Much like a mobile app, this book's content directly connects to the VocalFitnessStudio.com website instead of having to manage a large collection of audio CDs or video DVDs for learning or practicing," says Jane Edgren. "Students can tap or click on an exercise they are learning and it connects them with the audio and video resources they need to learn and practice the vocal exercise material right from their smartphone, tablet or computer!"

Sing! 20 Singing Lessons to Improve Your Voice offers these additional benefits:

- A choice of formats: as an e-book, online course, or a subscription that sends weekly email reminders and instructions.
- Access to 40 interactive practice plans that guide singers through their weekly practicing, with predetermined daily vocal exercises.
- A flexible format which allows singers to craft their own personal program with resources that are accessible anytime and anywhere.
- A specially designed 16-week teaching plan for Voice Teachers and Vocal Coaches using the book's resources as a curriculum for their students.

Over the past 10 years, [Jane Edgren](#), the founder of Vocal Fitness Training, has worked with over 450 students from all different styles and genres, including both amateur and professional singers. Her passion for teaching led her to share her expertise in this, her first book of vocal training. She is currently developing more resources, including books on advanced vocal technique, interpretation of songs and performing, as well as companion instructional manuals for choir directors, teachers, music leaders, and a guide of best practices for teaching vocal fitness to children.

Vocal Fitness Training • P.O. Box 292 • Matthews, NC 28106 • [Vocal Fitness Training](http://VocalFitnessTraining.com)

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