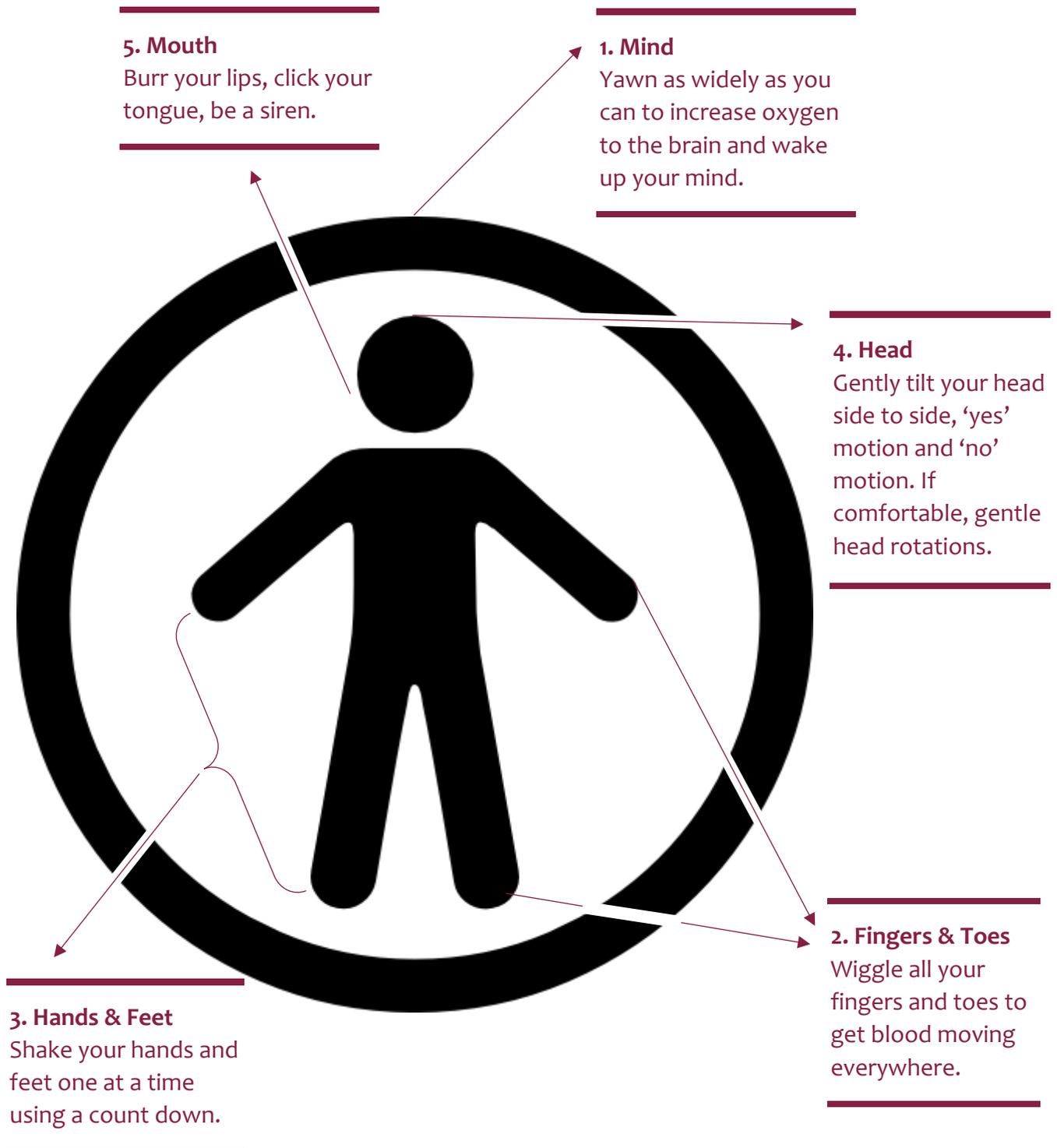


# Prepare the Body

Good presenters know that public speaking needs warming-up, just like any other performer. Use these to make sure you are energized and ready to speak.



## Warm-Up

1. **Mind.** The mind is like the circle around the universal access person. It touches everything. Start with a nice wide yawn to increase the flow of oxygen to the brain, get the thoughts and blood flowing.
2. **Fingers & Toes.** Wiggle all of your fingers and toes to start pumping blood through your arms and legs gradually waking up your whole body.
3. **Hands & Feet.** Next to your voice, your hands and feet have the most to offer you in terms of making a lasting impression on your audience. Warm them up by shaking a hand four times while counting down, then move onto the next hand, followed by each foot. Repeat this process using a count of three, then two, then one.
4. **Head.** Audiences notice when you make eye contact. Prepare for this by gently tilting your head side to side (ear to shoulder), shaking your head yes, and shaking your head no. If it's comfortable, gently rotate your head all the way around in both directions.
5. **Mouth.** Your mouth is the instrument of your body and the critical piece of equipment to your sport. Get it ready for action by blowing raspberries, burring your lips, and making tick-tocks with your tongue. Last but not least make a loud siren sound growing louder and higher in pitch, then softer and lower in pitch. Note: Although the label says mouth, this is the point where you should show some extra attention to whatever part of your body you use to communicate. Make it feel warm, stretched, and ready to go.