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Exercise to Music to Intensify Your Workout

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Life would be pretty dull without music wouldn't it? There isn't a person or culture in the world that doesn't thrive on music. You could say that the human body is hard wired to thrive on music and rhythm the same as it thrives on activity. But music isn't just about enjoyment. What you may not know is that when you exercise to music you also intensify your workout, especially when you use up tempo music.

Modern research is revealing how music affects our physical performance. Major physiological changes happen in response to music. Recent research suggests that music improves performance during exercise.

Tempo As A Motivator

Have you ever noticed that when you do housework with music running in the background that your body movements tend to synchronize with the music. The more up tempo the music the faster you tend to move.

According to [another study from Ohio State University performed by Mariagrace Flint](#) in 2010, subjects climbed stairs faster to music with a faster tempo. According to Mariagrace; "results showed that those in the fast paced condition walked up the stairs significantly faster than those in the slow condition." The aim of the study was to discover whether music tempo would effect motor activity. The results suggest that the body synchronizes with music during physical exercise.

Effects Of Music On Heart Rate.



Several studies have indicated that music tempo correlates to changes in heart rate, blood pressure, and breathing rate. Investigators used varying styles of music and tempos and discovered that breathing rates increased in response to increased music tempo. In addition, heart rate and blood pressure also experienced a similar increase to faster tempo. Interestingly, after the music stopped, breathing, heart rate and blood pressure all dropped below the rate from before the music started. This indicates a calming or relaxing effect.

When You Exercise To Music It Acts As Pain Relief

Several other studies have indicated that music can provide an effective source of pain relief. Many pain centers offer music therapy to patients who suffer from chronic pain. This therapy also offers many benefits to help reduce the physical impact of exercise.

Music

- Alters pain perception by providing a distraction
- Promotes Rhythmic breathing which delivers extra oxygen to muscles thereby reducing spasms and stiffness
- Reduces anxiety and stress: Reduces the impact of stress on stamina
- Provides a positive mood boost: Pain is easier to deal with when we are happy!

Exercise To Music To Increase Brain Function

Interestingly, a clinical psychologist from Ohio State Uni named Charles Emery also discovered that when you exercise to music it enhances brain power. His research studied a group of 33 cardiac rehabilitation patients who were chosen because coronary artery disease is believed to decrease brain function. The research involved patients undergoing two rounds of 30 minute exercise on a treadmill one week apart. Before and after each session their verbal fluency was tested. One workout was performed to music and the other was not. The improvement in the verbal fluency test performance after the session exercising to music was more than double that of the session that did not include music. More information about this research is available at <http://researchnews.osu.edu/archive/hartsong.htm>

Conclusion: As you can see, when you exercise to music it has several benefits that make exercise more enjoyable, increase intensity and reduce impact. By the time your body synchronizes with the music, increases heart/breathing rates and blood pressure and lessens the impact of exercise on your body it has made your workout much more effective. One of the best modern forms of exercise is Zumba... fun and effective. Give it a go today!

You can also find this article published on [Exercise to Music to Intensify Your Workout](#), and on the tag pages [Weight Loss Exercises](#).