Does Music Improve Exercise Endurance?

Music is good for the mind as well as the psyche and we all know it gives us that extra bit of motivation needed to finish our workouts. But recently, it has been proven that if you listen to music while exercising, your brain will work far better than if you weren’t listening to music!

Clinical psychologist Charles Emery of Ohio State University has studied the effect of exercise on various types of patients over the years and to no one’s surprise he has found that it helps in many ways. The study found that “exercise improves the cognitive performance of people with coronary artery disease,” Emery said. Read about the full experiment here!

Music can also have such a powerful effect on one’s mood that it is hardly surprising to find that it enhances your workout regime. The fact that research now confirms this should be a real boost for both amateur and professional athletes, as they can push themselves a little bit further simply by playing the right song. Especially now that it is winter time and even more difficult to get up and get moving; music can give one the motivation needed to do so. One significant new finding is that music can help exercisers feel more positive even when they are working out at a very high intensity – close to physical exhaustion.

Music is used in many settings, such as restaurant and bars, as well as weddings and parties to increase everyone’s enjoyment at the event, so why not use it to aid us in exercise? If better results can be achieved without increasing workout time simply by using music, lets pump up the volume!

http://researchnews.osu.edu/archive/hartsong.htm