Music and Exercise

- Allows you to move in time with synchronous sounds
- Example: Upbeat, faster music allows for an increase in running speed

- Decreases the influence of stress caused by fatigue, thus increasing one’s comfort while exercising
- Example: The exerciser feels more comfort while running due to the distraction

- Increases arousal to move, rather than stand still
- Example: Causes a person to desire to run rather than sit

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