

# 3A MOVE TO THE MUSIC

A Music helps us exercise—but why does it have this effect? Experts say there are two main reasons. The first is simple: Music ( ) us. When we listen to a song we like, our brain ( <sup>2</sup> ) to the music. For example, after we exercise for 20 minutes, our body might be tired. But we may not feel this immediately because we are listening to music. So we exercise a little longer.

B Music also ( ) us. When we hear dance music, for example, we naturally start to move to the ( ). An upbeat song also puts us in a good ( ), so we feel happier. This gives us ( ) and helps us exercise longer. Music with a ( <sup>3</sup> ) beat is good for exercising. But the music shouldn't be too fast, says sports psychologist Dr. Costas Karageorghis.

Generally, songs in the ( ) of 120–140 beats per minute (BPM) are the best.

C A new study by cognitive scientist Tom Fritz ( ) this is only part of the explanation, however. In an experiment, Fritz put 61 people in small groups. They all then exercised ( ). One time, each group worked out while listening to music for six minutes. Another time, they exercised for six minutes on ( ) Jymmin machines. The name Jymmin is a combination of “jammin” and “gym.” Using these machines, each group made music as they moved. At the end, 53 of the 61 people said the same thing: They felt less tired when they exercised on the Jymmin machines. When we exercise and make music—( ) with other people—working out ( ) to be easier.

D How does Fritz explain this? Maybe people did better on the Jymmin machines because they had ( <sup>2</sup> ), he says. People created the beat. They could make it go faster or slower. Also, the activity was ( ). Each group was making music together and having fun. Fritz believes that Jymmin ( ) may have other ( ), too. He wants to find out if it can help with more ( <sup>2</sup> ). For example, it may even be a good way to treat depression.