



## MUSIC AND MOVEMENT

### EFFECTS OF MUSIC

Music has a fascinating effect on the human brain. Listening to music or rhythm while doing exercises can optimise the practice routine in the following ways:

- **Optimises arousal** – music can keep you in an alert, motivated state for longer. This has the effect of increasing endurance.
- **Adds force, timing and spatial cues** – music which matches the nature of the movement (e.g., music where the sound gets higher when you're raising your arms or legs) provides extra cues and support to the brain. This can have the effect of making the movement feel easier.
- **Offers entrainment** – when movements are done in time with music, the brain will naturally sync up and fire neurons in time with the music. This is called entrainment. Entrainment helps movements to be more controlled, organised sustained for longer.

Simply put, listening to music while exercising makes exercising easier and more effective.

### WAYS TO USE MUSIC

1. If you know your Functional Cadence, you can put this on while doing your exercises using a metronome app or website.
2. If you know your Functional Cadence, you can look up songs which are the same speed using an internet search engine. You can also use apps like *Rock My Run* to change your favourite songs to the speed of your functional cadence.
3. If you don't know your Functional Cadence, try putting on your favourite songs while you do your exercises, and see how it feels. Experiment with different songs until you find one which feels like it helps.