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Nourish Your Life with *Music*

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We're often surrounded by music. Throughout our lifespan, we develop connections with melodies and rhythms through this exposure. Researchers are showing the benefits of music in improving our health.

You will likely be exposed to music with some of these *passive* connections:

- Music is played in the background in public and shared spaces such as shopping centers, offices, grocery stores or elevators.
- Music might be played on the radio while you are doing chores.
- Music sets a theme for cultural or holiday events or theme restaurants.
- Music plays a major role in setting the mood in the background of movies, TV shows and video games.

You can *actively* use music to nourish your health and well-being by including music as part of your activities of daily living:

- Exercising in a group fitness class or yoga class.
- Joining a musical group or singing along as part of an audience – or singing in the shower.
- Playing an instrument alone, as part of taking lessons or by joining a group that performs.
- Dancing with a partner or alone in your living room.
- Finding music for relaxation or exercise using digital or online resources or on the radio.

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Protect Your Hearing

Use music to improve your movement, but remember to preserve your hearing. Hearing loss cannot be fixed. Hearing loss becomes more common with age, plus some workers are exposed to loud noise as part of their job. Certain medical conditions or medications can increase your risk. Ask your doctor.

Protect your ears from loud noise during activities such as mowing the lawn, loud concerts or music through earbuds.

Use earplugs, headphones or other personal protective equipment when exposed to loud noise, including music at outdoor concerts.

Keep volume low when in your car or other enclosed environments.

Get your hearing checked by an audiologist or other qualified specialist.

See the “hearWHO” smartphone app for screening.



Check your hearing!

Exercise with Music

Music can motivate you to move. It can cue movements and help you maintain movement during exercise or dance. For health benefits, adults should engage in at least 150 to 300 minutes of moderate-intensity activity, or 75 to 150 minutes of vigorous-intensity activity, on a weekly basis.

Adults should also perform muscle-strengthening activities of moderate or greater intensity involving all major muscle groups on two or more days a week. Additional benefits occur when exceeding 300 minutes of moderate-intensity activity weekly.

Music May Reduce Stress

Listening to your favorite music is an inexpensive way to reduce stress. Previous studies found reduced levels of mental stress, increased ability to cope with stress and greater relaxation were achieved after listening to music.

Enjoy Music While Eating

Music tempo can impact the speed at which we eat. Be mindful of how fast you consume a meal, especially if you are watching your calorie intake.

Add Some Music to Your Life

- Listen to music actively as part of your daily routine.
- Use music as part of your physical activity.
- Find ways to use music to reduce stress and elevate your mood.

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