Article published on February 7th 2012 | Music

Listening to music is one of the favorite pastimes for a majority of the people. We listen to music for a plenty of reasons. There are many types of music ranging from the heart-melting melodies to the hard-sounding rock music to jazz etc. However, everybody has a special liking for a particular genre of music. It gets the listener completely involved in it and makes him or her forget the worries. We listen to music at home, while travelling etc.

Listening to music while exercising can be a great way to motivate yourself simply because it makes you become unaware of the outside noise and enables you to concentrate more on what you do- and that is exercise of course!

Recent studies have yielded results more in favor of the above statement. Generally speaking, listening to music can be one of the best ways to unwind in the leisure and get good peace of mind. When you are hearing to songs on gadgets such as I-pod or mobile phone, it is more likely that you may not feel the pain of lifting the weights. This can be very useful especially for people who ignore going to the gym just because they donâ€™t like to break the sweat by putting in all their power and energy to lift those massive weights. Interestingly, a recent study has revealed that the music has a positive influence on the therapy points in the body. It increases the muscle tension and makes our body work according to the type of music. For example, a person listening to fast-paced music does more chest presses and dumbbell curls than someone who listens to slow music. However, it is not always necessary that if you listen to hip-hop songs, you will end up doing more bench presses! It is just that the kind of music has to be peppy and energetic to give the mind that extra push to go for more. Music can be a great source of encouragement to make one go for more. If you want to relax after a strenuous workout, then listening to slow music could be a good option to calm down the mind.

One good way to listen to music while exercising is by changing the music according to the type of workout that you do. Slow music can be ideal for light workout while peppy music would be good to go with if you are doing heavy weight lifts. However, I have also seen people with different approaches to listening to music doing their workouts. Some people like executing all their workouts listening to the same genre of music. As a matter of fact, there are a few people in my gym who listen to light music while doing all their exercises- be it light or heavy workouts.

There is a popular belief that if you listen to music, you will run faster while training. A study conducted by Porcai and colleagues held at the annual meeting of the American Association of Cardiovascular and Pulmonary Rehabilitation in Kansas also supports the above statement. A group of people were allowed to pedal gym bikes while listening to music and the result proved that they pedaled more times than those who didnâ€™t listen to music. Ultimately, the tempo of the music should have stepped up the pace of their activity! In fact, great Ethiopian athlete, Haile Gebreselassie set an indoor world record in a 2000m dash in 1998 that he attributes to the effect of music that was being played on. At home you can do the basic workouts while listening to music on any of your favorite music channels that you get in any of the popular services such as the FiOS TV. I hope you can now take out that dust-covered treadmill from your room and start running on it while your favorite music is being played on!

Article Source:
http://www.articleside.com/music-articles/the-benefits-of-doing-workouts-while-listening-to-music.htm - Article Side

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Article Keywords:
FiOS TV, FiOS, Music

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