

Music is Good for You!



Reading

Instruction: Read the article. Find four ways music helps people.

Do you need to get off the sofa and go to the gym? If you want to get motivated to exercise, try listening to your favorite songs or to dance music.

Psychologists at Brunel University in London say that certain types of music help people to get started and also to exercise for a longer time. People who listen to music exercise for 13 percent longer than people who don't. International athletes often listen to music when they are training.

Doctors know about the therapeutic effects of music. Listening to music can help people recover after operations. Teachers should pay attention, too. In a study at the University of California, students who took a test while listening to a Mozart sonata scored 30 percent higher than students who took the test in silence.

Music also relaxes people after a stressful day. Pauline Etkin, director of a music therapy center in London, says that throughout life's ups and downs, people always respond to music. When someone is nervous or afraid, it can make them feel better. "Music's rhythm is closely linked with the rhythms of the body," she says.

Source: KnowHow 1

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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