

After Covid-19 waned, I relocated to Melbourne. After I got my feet under me, I started coming to the gym to work out to relieve the stress of being a full-time student and the angst associated with my anxiety. In the beginning of my workouts, I would choose random songs from my music library to listen to. Later, I learned that certain pieces resonated with me and made my muscles feel more excited and enthusiastic, which pushed me to continue running. I also found that listening to these songs while I was running improved my speed.

I took these random tracks and chose about 50 songs that I thought were more exciting. I started picking songs from this collection of fifty or so songs to generate an actual playlist of songs that would motivate me while I was working out. This led to confusion about how to choose ten songs out of the fifty or so and how these songs would best go together during my workouts. In addition, it led to confusion about how to choose pieces that would better match each other. The scoring criteria included my initial impressions, personal resonance, and other aspects; however, the most critical ratings were songs that would excite my muscles during my workout and songs that would help me release tension during my exercise for the purpose of cooling down. The scoring criteria included my initial impressions, personal resonance, and other aspects. While I was running, I noted the characteristics of the songs, including their tempo, rhythm, harmonies, and lyrics. I categorized them according to the type of music they best fit: songs played during the warm-up, songs played during intense intervals, or calming songs played during the cool-down. Therefore, I chose ten songs and rearranged them to make them consistent with the structure of the playlist.

This structure was created so that I could get something out of each section of the playlist. The warm-up music started with songs that gradually picked up the tempo until they reached their maximum speed as I ran faster and faster, and the faster tempo music prepared me emotionally and physically. As I reached my full speed, the songs also reached their maximum speed. For the harder shorter tempo workouts and

relaxation moments interspersed throughout the movement, I also chose to play an appropriate mix of faster and slower tempo songs, alternating between them. During the final phase of the cool-down, the music I chose helped to restore relaxation to my muscles, slowing my pulse and bringing my body and mind back to a calm state. Songs that were slower and more steady in tempo helped me relax the most compared to those that were faster. The pieces I used for warming up were in the 95 to 110 range, the songs for intensifying intervals were in the 115 to 170 degree, and finally, the themes for cooling down were in the 95 and below range. I found this out while doing this.

1) Ryan Tedder, Zach Filkins, Drew Brown & Brent Kutzle. Counting Stars
(2013). On Native (CD/Album). Mosley Music/Interscope Records.

Rating = 39

Stimulating music can cause the listener's heart rate and pulse to rise simply from listening to the song. As the song progresses, the consistent rhythm brings the exerciser to the point of excitement where "the music stimulates the cerebellum, an area of the brain critical to motor control, and may explain why movement, emotion, and music are linked," Levitin says, pointing to the relationship between the cerebellum and the limbic system (which is related to emotion). My spirit was so inspired and motivated by the "Counting Stars" song that I decided to use it as my warm-up song. At first, it was slow, allowing me to get into a state of movement gradually. Then it began a steady, fast rhythm that increased my heart rate and pulse, giving me a feeling of joy and excitement. In addition, I think "Counting Stars" is about the desire to exist. According to the lead singer, this motivation stems from the different ways people decide to spend their time on earth. I like the optimism of this song because it shows how life can be both wild and lovely. It's an incredible way to express the "standard way of living" sentiment. So, we might try to make the best of the situation. Make wise life decisions and avoid getting sucked into the trap.

2)Axwell & Ingrosso (2017). More Than You Know. More Than You Know
(Album). Warner Records

Rating = 36

I was initially drawn to this song because it made me feel energetic and had an upbeat vibe. The lyrics stating that we should look for ways to raise our happiness levels motivated me, which was another reason I was initially taken to this song. The music playing as a warm-up gave me the impression that the song would start strong and quickly. The rock and pop elements of the song cheered me up, and the rest of the song made it easier for me to keep up the pace. According to Scientific American, listening to music creates a "rhythmic reaction," similar to the effect of using a metronome, which I do when I play the piano. My body seems to be able to make better use of available energy when I move in time with the rhythm, and I am aware that my body has a natural tendency to move in time with the music, which helps to prepare me for the following movement.

3)Pink.(2012). The Truth About Love (Album). RCA Records

Rating = 32

Falling is not a sign of failure; no matter how many times you fall, you should get back up and keep trying; this was a significant factor in my decision to choose this song as my favorite song. The lyrics tell me to do what I love, to be a determined person, to try to change myself, that we have to try again and again; and this song gives me confidence and encourages me to keep working out when I'm tired." You've got to get up and try, try, try again." Listening to music improves my mood and motivation, which in turn stimulates me to work out. A study just published in the journal Frontiers in Psychology found that listening to music helps people improve their mood and gain self-awareness. In addition to evoking my mental images and feelings of self-affirmation and emotional resonance, music energizes and motivates me to take action. Thus, listening to this style of music has a stimulating effect that increases arousal levels, encourages our bodies to move, stimulates brain activity, and boosts

one's potential to find enough energy within oneself to continue beyond standard capabilities.

4)Lazer Boomerang(2019). Time To Pretend. Time To Pretend(Album).

Rating = 34

The next part of my training consisted of some calmer and more relaxed moments with a slower pace, which allowed me to gradually balance the fast breathing. This helped me to gradually calm down and allowed me to get back into a decent mindset for the training, which the training prior to this phase made this phase feel light in comparison. Even though the song has no lyrics, it still has an inspiring track and motivation that still gives me an exciting feeling, which is what the music is all about, namely calming me down. The song gives me a strange feeling that makes me feel like I am jogging on the beach with wet feet while the ocean breeze is blowing and the afternoon sun is shining. Because of this, a calming atmosphere was created and I was able to relax before moving on to the next phase of a hard workout.

5)Bruno Mars(2011). Runaway Baby. Runaway Baby (Album). A Cappella Records

Rating = 40

The subsequent workout demanded that I continue to maintain a high-intensity exercise; therefore, I changed the pace of the music to 161 beats per minute (BPM) to reflect this change in the activity. I got back into rhythm thanks to the song, which also inspired and encouraged me to keep on with my run. According to Plantinga (2009), the method in which music excites the listener might cause their heart rate to increase. This is especially true when the beat is powerful, and there are fast fluctuations in volume. My emotions were noticeably more rapid as the beat of the music ramped up, and I couldn't help but notice this change as it happened. I was able to go from a brisk walk to a run, which propelled me back into my workout, and as my strength rose, I felt like I was returning to my previous state, and my muscles were more exuberant than they were before. I was able to go from a brisk walk to a run, which propelled me

back into my workout.

6)Intelligency(2020). August. August (Album). Elektra Records

Rating = 34

Not only was it easy for me to get the lyrics of this song in my head, but the meaning expressed in the lyrics was insightful. The song emphasizes that life itself will test us, but we need to have the experience and mental strength to face the problems in life. It creates an inspiring mood, which stimulates my emotions, but it has a more encouraging effect than I initially thought. Especially since the lyrics and general beat in the chorus would encourage the individual to keep moving at the same pace during the chorus. Keller and Rieger (2009) state that simply listening to the music induces movement and synchronizes the campaign with the rhythm of the music. At this point, the constant movement had made me a little tired, but the music allowed me to continue the activity and spontaneously move my body. It was clear that the song gave me a sense of rhythm, and as I instinctively sought to synchronize with the rhythm of the music, it became my energy guide to continue running. The song encouraged me to keep going; it gave me a sense of rhythm.

7)Acreix(2015). Visions. Visions(Album). Iboga Records.

Rating = 35

People can be motivated to continue exercising more consistently if they listen to rhythmic and inspirational music, according to a study conducted by Lee Crust and Peter J. Therefore, people can be encouraged to continue their exercise routines by listening to music with rhythm. The songs maintained a quick speed, with a pronounced percussion rhythm and an energetic tempo, which assisted me in maintaining both my mental and physical energy levels. In addition, the fact that I was fatigued let this music with an optimistic rhythm reawaken my spirit, and it assisted me in maintaining my stamina throughout the day. According to research conducted at Brunel University in London, listening to music while working out has been shown

to reduce feelings of exhaustion. According to a study conducted, the rhythm of music stimulates a region of the brain that plays a role in preventing fatigue. This song kept me from becoming tired during my workout and made me feel happy overall.

8) Alice Merton (2017). No Roots. Mint+4 (Album). Paper Plane Records

Rating = 36

Before I finished my strenuous workout, I continued my training by listening to this music. This song is one of my most familiar pop songs because I know its tempo changes, and I was able to match the song's beat to the rhythm of my run. The song's enthusiastic rhythm helped distract me from the discomfort and exhaustion that comes with jogging, and the song's own fast tempo gave me a lively feeling that propelled my movements in sync with the music's rhythm.

9) Joe Hisaishi (2013). Howl's Moving Castle. Merry-Go-Round of Life (Album). 1xLP Vinyl Record

Rating = 34

I usually start gradually slowing down when I get to the cool down phase of the workout and then continue at a slow pace for the rest of the workout. This song has the effect of making me feel happy and relaxed compared to the faster paced music I was listening to before. It helps me relax after a hard workout and puts me in a happy attitude while gradually lowering the tempo, which is exactly what I need to adjust my breathing and stop feeling excited by gradually slowing down the tempo.

10) Wiz Khalifa - See You Again ft. Charlie Puth. See You Again (Album). Furious 7 Soundtrack. Atlantic Recording Corporation.

Rating = 37

My workout finally ended when the last piece of music began to play, a mellow, calming piece of music. This music has a nice lively vibe to it, and this calm and pleasant

rhythm will prepare me to finish my workout, while creating a fun and relaxing environment for me. My mind is distracted from the exertion of training by this uplifting rhythm, which also helps to take my mind off the fatigue and soreness that comes with exercise. Because of the slower pace of this music, my heart rate and breathing rate were able to slow down further, which had a calming effect on the tension in both my muscles and my mind, which in turn had an effect on the pace of my workout. On the other hand, it gave me the motivation to keep going in the future.

The BMRI-3 (Karageorghis, 2008) was used to evaluate each of the 10 songs to determine if they stimulated my desire to exercise or helped me relax after a run.

I found that the playlist I created successfully induced my desire to exercise and that most of the songs on the playlist were famous and motivational body markers. I think this situation results from the consistency between my physical and emotional/mental responses to music.

Currently, I see that most people who go to the gym enjoy listening to music, a pastime that has gained widespread popularity. Because everyone has their own preferences and motivations for fitness, my playlist has helped me, but others who engage in physical activity may not find it particularly compelling. In addition, the choice of songs comes from a person's physical performance, mood, and other elements of their life. Therefore, I believe that different types of workouts should be accompanied by different types of music. Each person will have their own tastes and emotions, leading to creating unique playlists.

Although the article contains some research on music, the truth is that I am still willing to pick the songs I want to listen to for myself. This potentially does not apply to those who wish to improve their physical performance, such as athletes. However, people who want to maintain a healthy lifestyle should rely less on the strategies described in the literature and instead choose the music they like to listen to.

Words: 2470

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