

# 9 TIPS FOR LISTENING TO MUSIC WHEN EXERCISING

Listen to music that evokes positive thoughts, emotions and images



Listen to music with uplifting melodies and harmonies



Find a range of tracks that influence your arousal levels



Listen to music that motivates you

Choose songs with different tempo to link to your training intensity



Listen to songs that contain lyrics with positive affirmations of movement



Know your arousal levels. Do you want your playlist to relax you or pump you up?



The last song on your playlist should be the most motivating



Listen to music with inspirational lyrics



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