

Music exercise may make you smarter

If music makes you smarter and exercise helps brain functions, can exercising to music really boast brainpower? Researches from USA say that it can.

Listening to music is thought to enhance brainpower so the scientist wanted to put it together with exercise. They used 'The Four Seasons' because of its moderate tempo and positive effect on the patients in previous researches. A few volunteers, men and women who were taking part in rehabilitation program after having complicated listening to Vivaldi's song: The verbal tests showed much better results than when the same volunteers were exercising said they felt better emotionally as well as mentally after working out with music.

Their improvement has doubled and it seemed to have very positive changes in the nervous system.

The scientist discovered that the combinations of music and exercise may stimulate and increase cognitive arousal and it may also have an effect on cognitive ability. They now wanted to test people also with using the music of their own choice.

It also had a positive effect on the volunteers, but not as much as the 'The Four Seasons'.

Enhance; add to sth

Moderate: not to extreme, with reasonable limits

Treadmill: appliance for producing circular motion by the movements of a person; walking on steps

Cognition: awareness, knowing