

Get in tune with the health benefits of music

Be it pop, classical, rap, country or old-time rock 'n' roll, there's probably some kind of music that you enjoy. Research shows that music can improve your health and make you happier. Listening to music can reduce anxiety and pain and lower your blood pressure. It can also improve your memory.



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Quick facts on music

1 People have long been interested in music's power to improve mood and health. Studies show music energizes parts of your brain. It's hard to imagine life without music.



2 Listening to music for only an hour a day can help you feel better. But it needs to be a music style you like. That might be country, dance, rock or even heavy metal.

3 Learning to play a musical instrument also offers health and well-being benefits. It could be as simple as ringing chimes. You don't have to be a great musician to enjoy playing music.

4 Singing is another way to be part of the joy of music. Research shows that singing can improve lung health. It also promotes better breathing.

5 You don't have to have a great voice to enjoy singing. You can still improve your health and happiness by doing it. If you're shy, sing in the shower or while driving alone in your car.



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