

# ALTITUDE

## Taking Wellness to New Heights

July 2024

### Step to the Beat

Walking is not only a great form of exercise but also a wonderful way to clear our minds and reduce stress. It allows us to connect with nature, explore new surroundings, and appreciate the beauty of our environment. Walking has been shown to improve cardiovascular health, strengthen muscles, and boost our overall energy levels. On the other hand, music has the incredible ability to uplift our spirits, evoke emotions, and transport us to different times and places. Whether we're listening to our favorite tunes or discovering new genres, music has a profound impact on our mood and can even enhance our cognitive abilities. By combining the benefits of walking and the joys of music, we can create a harmonious experience that nourishes both our bodies and souls.

### Benefits of Listening to Music

In a study titled "[Can Music Improve Our Health and Quality of Life?](#)" by Harvard Health Blog, researchers discovered that music has the power to transform our well-being and bring a great deal of joy to our lives. Whether we're jamming out to our favorite tunes or singing in the shower, music interventions such as listening to music, singing, and music therapy have been found to have a significant impact on our mental health. Music not only boosts our mood and overall well-being, but it can also provide support during treatments for various health conditions. Here are some of the mental health benefits associated with listening to music.

- Elevated mood, reduced stress levels, and promoted relaxation
- Alleviated symptoms of depression
- Enhanced cognitive function, including focus, attention, and memory
- Boosted creativity and productivity
- Improved physical performance during exercise
- Enhanced emotional well-being and sense of connection

So, let the music play and get ready to dance your way to a healthier and happier you!

### Building a Brain-Boosting Playlist

Building a great playlist is an art form that allows you to curate a collection of songs that resonate with your mood, preferences, and desired atmosphere. Here are some tips to help you create a playlist that will keep you engaged and entertained:

1. **Define the Purpose:** Determine the purpose or theme of your playlist. Are you creating a workout playlist, a relaxing playlist, or a party playlist? Having a clear purpose in mind will help guide your song selection.
2. **Know Your Audience:** Consider who will be listening to the playlist. Are you creating it for yourself, a group of friends, or a specific event? Understanding the preferences and tastes of your audience will help you choose songs that will resonate with them.



### Interesting Music Facts

- The oldest known musical instrument is a flute made from a vulture bone, dating back over 40,000 years
- The world's most prominent guitar stands at a towering 43.5 feet tall
- Beethoven continued to compose music even after he became fully deaf
- Mozart composed his first symphony at the age of eight
- The world's most expensive musical instrument is the Stradivarius violin, sold for \$15.9 million in 2011
- The Beatles have the most No. 1 hits on the Billboard Hot 100 Chart
- "Happy Birthday to You" is considered the most recognized song in the English language
- Music therapy harnesses the healing power of music to alleviate pain, reduce anxiety and depression



3. **Create a Flow:** Arrange the songs in a way that creates a smooth and enjoyable listening experience. Consider the transitions between songs, ensuring they flow seamlessly from one to the next. You can organize the playlist based on energy levels, starting with slower songs, and gradually building up to more upbeat tracks.
4. **Mix Old and New:** Include a mix of both familiar favorites and new discoveries. This will keep the playlist fresh and introduce you to new artists and songs that you may not have heard before.
5. **Personalize It:** Don't be afraid to add songs that have personal meaning or evoke specific memories. Including songs that hold sentimental value can make the playlist feel more personal and meaningful to you.
6. **Update Regularly:** Keep your playlist fresh by adding new songs and removing ones that you've grown tired of. This will ensure that your playlist stays relevant and continues to bring you joy.
7. **Have Fun:** Building a playlist is a creative process, so enjoy the journey! Explore different genres, experiment with song combinations, and let your personal taste shine through.

Remember, there are no hard and fast rules when it comes to creating a playlist. It's all about personal preference and creating a collection of songs that bring you joy and enhance your listening experience. Let your creativity flow and have fun curating your perfect playlist!

## Keep Your Brain Young

According to an article from Johns Hopkins Medicine titled, "[Keep Your Brain Young with Music](#)", music has the potential to engage our brains in a way that can help keep them young. The article highlights several benefits of music for the brain, including memory improvement and stress relief. It suggests various ways to actively engage with music to reap these benefits. One suggestion is to take a more creative approach by playing an instrument or singing. This can stimulate multiple areas of the brain and improve cognitive function. By actively participating in music-making, we can exercise our brains and potentially protect them from age-related decline. Another tip is to explore different genres and styles of music to challenge your brain and keep it adaptable. Additionally, participating in group music activities, such as joining a choir or playing in a band, can enhance social connections and provide a sense of belonging, which is beneficial for brain health.

Step to the beat this month by incorporating music into daily activities, like exercising or going for a walk to reduce stress, improve brain function, and promote overall well-being!

