

# Music for Brain Health

## Strategies for incorporating music into your daily practice!

### Music and Movement

- Set your exercises to music by matching beats per minute to the exercise
- Find songs with a consistent, strong beat that you enjoy to make yourself a walking playlist
- How to Make a Walking Playlist
  - Download a metronome app (free)!
  - Use the tap function on the metronome app to determine beats per minute
  - Select motivational songs in different beats per minute (BPM) ranges
  - Begin with songs that have a slower BPM to warm-up
  - Streaming services like Spotify have playlists set if you search your desired BPM



### Music and Cognition

- Learn an instrument, try the ukulele!
- Enhance your memory!
  - Put important events or lists to an unfamiliar melody
  - Listen to a song and try to recall the lyrics
- Enhance your attention
  - Listen to a song and try to pick out all of the instruments you hear!
  - Listen to a song and create gestures for each verse and chorus.



### Music and Speech/Voice

- Join a community choir
- Look up “tongue twister” exercises
- Use a harmonica to support diaphragmatic breathing
- Use a kazoo to promote oral motor strength and vocal projection

