

Upper Beginner – Lesson 9  
Music is good for you!



## How is music good for you?

### I. Read the article. Find four ways music helps people.



Do you need to get off the sofa and go to the gym? If you want to get motivated to exercise, try listening to your favorite songs or to dance music.



Psychologist at Brunel University in London say that certain types of music help to people to get started and also to exercise for a longer time. People who listen to music exercise for 13 percent longer time. People who listen to music exercise for 13 percent longer than people who don't. International **athletes** often listen to music when they are training.



Doctors know about the therapeutic effects of music. Listening to music can help people **recover** after operations. Teachers should pay attention, too. In a study at the University of California, students who took a test while listening to a Mozart sonata scored 30 percent higher than students who took the test in silence. 

Music also relaxes people after a stressful day. Pauline Etkin, director of a music therapy center in London, says that throughout life's ups and downs, people always respond to music. When someone is nervous or afraid, it can make them feel better. "Music's **rhythm** is closely linked with the rhythms of the body," she says. 

### Question:

What are the four ways music helps people?

### II . Vocabulary:

- |             |   |                                |
|-------------|---|--------------------------------|
| 1. athletes | ⇒ | people who play sports         |
| 2. recover  | ⇒ | to get better after being sick |
| 3. rhythm   | ⇒ | a regular pattern in sound     |

### III. Let's talk...

What kinds of music do you like?

What kinds don't you like?

How often do you listen to music?

What kinds of music are good or not good in the following situations?

- at work
- at home
- at a party
- in the car
- at the gym