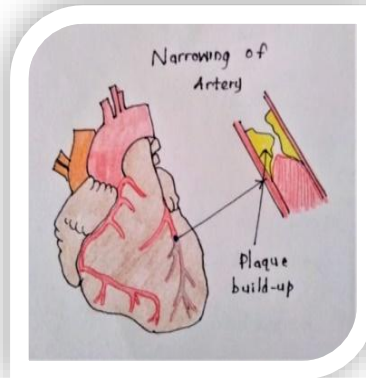


The Healing Power of Exercise with Music in Heart Health

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*Yes, many of us are aware that listening to music is a driver to boost our mental health, but **how many of us are aware that exercise with music plays a crucial role in strengthening our heart health?***



Do we understand how it works?

Is it worth incorporating music with exercises in caring for cardiac patients?

Here we will know about it... Digest the following for a better understanding of it.....

Many recognized associations in the world, including the American Heart Association (AHA) recommended incorporating exercise programs in caring for cardiac patients plays a vital role in improving their heart health in various aspects, including physical health, mental health, social health, and financial health. However, engagement in the recommended level of exercise of cardiac patients is very low in many countries, including Sri Lanka.

1) *Why do we have to worry about heart disease?*

- **Heart disease is the number one killer in this world as well as in Sri Lanka, representing one-third of all global deaths in 2019.**

- *In Sri Lanka, the number of people affected by heart disease **doubled** over the past two decades **and resulted in many negative health consequences, such as increasing healthcare costs, functional disability, premature death, and poor quality of life.***
- Therefore, prioritizing care for this alarming health issue is vital for maintaining the sustainability of human life globally and locally.

2) *Is exercise worth to improve heart health?*

- Numerous research evidence shows that engaging in recommended levels of exercise has many health benefits, *such as reducing the risk of being obese, type II diabetes, heart disease, and other illnesses, such as reducing depression and anxiety. Also, it helps to reverse these health issues. In addition, it helps to boost their memory and physical performance.*
- **Adding recommended levels of exercise into the daily routine of cardiac patients resulted in reduced deaths, improved physical fitness, and enhanced quality of life.**

3) *How much exercise is recommended to result in positive cardiac outcomes?*

- European Society of Cardiology and other Societies on Cardiovascular Disease Prevention in Clinical Practice recommended that **cardiac patients maintain moderate-intensity levels of exercise for at least 150 minutes per week could result in positive health outcomes.**

4) *How do you know you are performing moderate-intensity exercise?*

- Moderate-intensity exercise refers to exercising with a heart rate of 50 to 70 percent of your maximum heart rate, with an estimated maximum heart rate per minute of "220 minus your age." For example, at the age of 60, the maximum heart rate is $(220 - 60) = 160$ beats per minute, and the heart rate during moderate-intensity exercise is 80 to 112 beats per minute.

5) How does exercising with music add additional benefits to heart health?

➤ Exercising with music has various additional benefits in improving the health of a person, including heart health. Each additional benefits are given below.

a) Exercise with music increases;

- exercise performance, tolerance, and capacity
- positive mood, pleasure, and enjoyment
- confidence in performing the exercise
- motivation for performing the exercise
- verbal fluency
- health-related quality of life
- blood vessels function
- muscular fitness

b) Exercise with music reduces;

- tiredness during exercise, thus increasing exercise timing
- body weight and waist circumference, thus reducing abdominal obesity
- blood pressure and heart rate during exercise
- psychological burden, such as anxiety and depression

Taken home messages

- **Heart disease is the top killer in the world and Sri Lanka.**
- **Exercise is vital for improving the heart health of a person.**
- **Enjoy the numerous additional health benefits by adding music to the exercise of cardiac care.**

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