

Listen While You Work (Out)



You're on the treadmill, listening to a great beat, and moving along at your maximum speed. Then...the music stops. You immediately want to stop too. But instead, you just lose steam and slow down until the beat returns.

The connection between music and the body's motivation to move is obvious to any fitness enthusiast, but did you know there are studies to prove it? In one study, presented at the Eastern Psychological Association's 2005 Boston Conference, researchers explained that **"music causes a mental distraction and makes the exerciser less aware of discomfort, leading to a higher quality workout."** This may be because music affects the part of the brain that deals with paying attention and making predictions, according to a study published by ScienceDaily.

To keep your brain engaged while you work out, here are some Web sites that offer free or low-cost music downloads, especially designed for fitness routines:

- » iTunes.com
- » djsteveboy.com (Podrunner)
- » music.download.com
- » bestworkoutmusic.com
- » fitmusic.com



Spring Into Action



About 26 million Americans have seasonal allergies. If you're one of them, try these tips from the U.S. Food and Drug Administration:

- » Keep windows shut and the air conditioner on.
- » Purchase an air filter to clean out pollens, molds, and dust. Use a dehumidifier in damp areas like the basement.
- » Minimize clutter, book collections, and bric-a-brac, which collect dust and pollens.
- » Keep pets outside or bathe them regularly if they're indoors, and don't let them sleep in your bed.
- » If you've been in the yard, leave shoes at the door and wash your clothes in hot water as soon as possible.

MYTH? or FACT?

Your heart stops when you sneeze.

Myth! Your heart rate might change briefly, but your heart doesn't stop.

