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The soundtrack of my life echoes through my workout

Tuesday, October 16, 2012

Many SP articles, blogs and threads involve workout music. At age 65 I have to admit that I'm not familiar with much of it. The last I remember being surrounded with popular music, my 3 kids were in high school (1983-1993). Soon afterwards technology allowed everyone to carry around their own personal soundtrack and tune out the world around them.

Other than stores that pipe in seasonal music, the only time I'm surrounded with sound is at the gym. I've discovered that I choose my aerobics class as much by the music favored by the instructor as for the moves she incorporates. When the music triggers an emotional response, I'm energized to put more effort into the activity. When the song reminds me of a time or place, I'm transported back there and a younger version of myself takes over. While "lost in the sixties" the hour session just flies by. Of course, it helps not to look too closely in the mirror or the reality of how time has actually flown by disrupts the atmosphere. (I remember Jamie Lee Curtis in "Freaky Friday" –"EEK, I'm the Crypt Keeper!")

Note: This doesn't apply when running outdoors. There, as I've written in a previous blog, being alert and aware of my surroundings is more important than any boost from music. Be careful out there!

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SAMMILESSACH

Very true! I tell my husband that, when the going gets tough the gets going when my music goes to a song I remember when I was younger.



137 days ago



CD8113065

When it comes to music, I confess I'm stuck in a 60's musical time warp although I do like bluegrass from any era. The music (noise) at my fitness club is atrocious and an assault to the senses, but I just leave my hearing aids at home and that helps a lot.

When I'm running outdoors, I never listen to music. Like yourself, I like being alert and aware of my surroundings, and I like to monitor my effort from the sound of my breathing and the way my feet are striking the pavement.

3163 days ago





BOILHAM

Hey, you know I'm a geezer, so I totally get this blog. Though I'm not a gym rat these days, I used to be one.

3163 days ago



MJZHERE

I really enjoy the music while rollerskating. Also the only time I listen to it - unless my dd is here as she immediately turns it on. DGC keep theirs plugged into their ears.

3163 days ago



SUZYMOBILE

Disco had its benefits--in exercise class in the 70s and 80s!

3163 days ago



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