

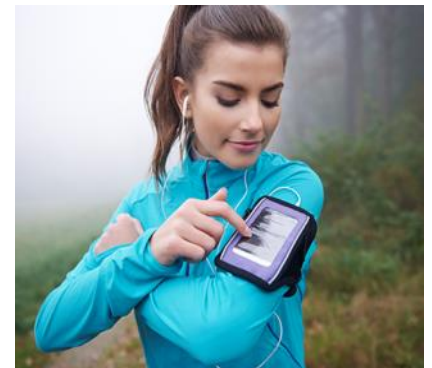
Creating an Exercise Playlist

Music can make your workout better by helping you last longer and enjoy it more. Depending on the activity you are doing and even how you are feeling your exercise playlist can change. Here are some tips to help you create the best playlist possible for your activity.

Step 1: Choose your activity

When looking for good workout songs, find those that have a distinct rhythm and appropriate tempo/beats-per-minute (bpm) for your chosen activity.

Weight Training: 80 bpm to 130 bpm Running: 130 bpm to 170 bpm
Brisk Walking: 110 bpm to 130 bpm Cycling 130 bpm to 170 bpm



Step 2: Determine your Target Heart Rate

The song's bpm should correspond to the heart rate you would hope to have during the workout.

You can use an app such as "BPM Detector" or a website such as www.bpmdatabase.com to find out a song's tempo (bpm)

Age	Target HR Zone (60–85%)
20 years old	120–170 beats per minute
25 years old	117–166 beats per minute
30 years old	114–162 beats per minute
35 years old	111–157 beats per minute
40 years old	108–153 beats per minute
45 years old	105–149 beats per minute
50 years old	102–145 beats per minute
55 years old	99–140 beats per minute
60 years old	96–136 beats per minute
65 years old	93–132 beats per minute

Step 3: Play Around with Different Songs

Try out different songs, remixes or your favourite songs to increase the tempo, or different genres or music until you create the perfect mix. You can even take a strong song with a slower tempo and hit every half beat to double tempo.

Here are some of our health promotion coordinators' favourite songs that help keep them motivated!

Eminem – Til I Collapse (86 bpm)

Avicii - Wake me up (124 bpm)

Trapt – Headstrong (92 bpm)

Drake – Energy (172 bpm)

Major Lazer – Light It Up (180 bpm)

Christina Aguilera – Fighter (95 bpm)

Drowning Pool – Bodies (130 bpm)

Beyonce – Countdown (167 bpm)

Mudvayne – Happy? (100 bpm)

Kat DeLuna – Whine Up (130 bpm)

Step 4: Watch the Volume

If you use headphones when you work out, follow the "80 for 90 rule." This means that it is safe to listen to music on a portable device, such as an iPod, at 80% of the maximum level for no more than 90 minutes a day. Any more than that, and you risk overworking the ears.

Some consequences of overworking the ears include: ear pressure, ringing in your ears, temporarily hearing loss or even permanent hearing loss.