

## The Magic of Music

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*"Music produces a kind of pleasure which human nature cannot do without."  
– Confucius*

For this 10-year anniversary release, music will be our educational focus since music has played a key role in the development and success of WATERinMOTION®. The WATERinMOTION® program relies on music to set the energy level, track length, tempo and mood for each track. The different styles of music used offers variety and interest to each release.

In the early years of WATERinMOTION®, music was used in its originally published form and structure. While we chose music that supported the program well, the varying structure of each song introduced a challenge to our instructors to remember the unique order of each song and its choreography. As the program matured, song structure was reviewed, and we experimented with a more structured and regular format that our instructor base found much more accessible and easier to remember. We also reduced the number of songs from 12 to 10 with a bonus to accommodate classes that needed a bit more flexibility in duration. The resulting outcome of our shorter playlists consisting of regularly structured tracks has proven to be a significant element in the success of WATERinMOTION®.

Music is recognized for its motivational qualities, and recent research has defined exactly why music choice is so important for a successful exercise outcome. Costas Karageorghis, Ph.D. from London's Brunel University School of Sport and Education, one of the world's leading authorities on music and exercise, has identified three primary things about music that could possibly influence exercise performance:

- 1) The tendency to move in time with synchronous sounds
- 2) The tendency of music to increase arousal
- 3) The tendency for music to distract the exerciser from discomfort that might be related to exercise<sup>1</sup>

These may seem to be obvious benefits of music use during exercise, but choosing the correct tempo, energy, content and mood of each song can be tricky. Carl Foster, Ph.D. and John Porcari, Ph.D. have supervised multiple research studies on the effect of music on exercise intensity. Porcari says, "By listening to music, people tend to enjoy exercise more because they focus less on their breathing and perceive it to be less taxing. Music can encourage people to exercise harder."<sup>2</sup>

Based on these research findings and what we perceive naturally, music selection for exercise becomes very important for exercise success. For WATERinMOTION®, we define exercise success as soliciting a cardio-respiratory response during the cardio tracks, building muscular strength and endurance during the muscle tracks, and creating muscle length and relaxation during the flexibility track. We choose music that supports those exercise goals. Appropriately chosen music does some of the coaching and motivational cueing for you. Plus, great exercise music helps to blend appropriate exercise intensity with fun, the synergistic combination that promotes exercise adherence.

Here are the special characteristics specific to WATERinMOTION® music that you can use to create memorable exercise experiences:

- 1) Structure/Pattern
  - a. Every track has 3 main song parts
  - b. Each song part is repeated 3 times
  - c. That equals 9 blocks of music
  - d. Cardio tracks have an additional block of music often used to repeat the chorus
  - e. Verse – unique lyrics for each verse, sometimes repeated
  - f. Chorus & Bridge – consistent music material for each repetition
- 2) Tempo/BPMs
  - a. Warmup – 136
  - b. Cardio – 140
  - c. Muscle/Flotation bonus – 132
  - d. Flexibility – as close to the original song as possible
- 3) Sound effects
  - a. Warmup – Introduction sweep plus 16 counts
  - b. Signal before the last block
  - c. Finish beat
- 4) Recognizable/Popular/Styles
  - a. Music you can sing along to
  - b. Mainstream exposure
  - c. Varied styles, i.e., Pop, Rock, Country, Rap, R&B, Motown, Oldies
- 5) Sound quality for pool environment
  - a. Produced with minimal bass to lessen reverberation
  - b. Consistent volume
- 6) Words/Lyrics
  - a. Profanity-free music
  - b. Positive lyric content

As you listen to your WATERinMOTION® playlist, aim to identify these special qualities in the music that supports your delivery of the program. If you have been a WATERinMOTION® instructor since the beginning, you may notice that the songs in this 10-year anniversary release are songs that debuted in the early years, but those songs did not benefit from our new structure. We decided that there were some songs that just deserved a second chance to shine, and in turn, make you shine. We hope you and your clients enjoy this anniversary release.

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