

# The Heart & Health Benefits of Music

Walk with a Doc  
educate. exercise. empower.

Good for Your Heart. Good for Your Life.

Music isn't just enjoyable—it's powerful medicine.

Research shows that music can improve heart health, reduce stress, boost exercise, lift mood, and connect us with others.

Press play on better health!



## 1. MUSIC CALMS THE NERVOUS SYSTEM

Listening to calming music can:

- Slow heart rate
- Lower blood pressure
- Reduce stress hormones (cortisol)
- Decrease anxiety
- Improve heart rate variability (HRV)

Even 10–20 minutes can create measurable benefits!



## 2. MUSIC SUPPORTS A HEALTHY HEART

Your heart responds to rhythm.

Listening to slower music (60–80 beats per minute) can:

- Promote slower breathing
- Lower blood pressure
- Relax muscles
- Improve oxygen delivery
- Create a sense of well-being

Studies show benefits for people recovering from heart surgery or heart attacks, including less anxiety, lower pain, and improved well-being.



## 3. MUSIC MAKES EXERCISE EASIER

Music and movement are a perfect pair!

Music during exercise can:

- Improve mood
- Reduce perception of effort
- Increase endurance
- Improve walking pace
- Help you stay motivated
- Make exercise more enjoyable

Our brains sync with rhythm—music can help you keep a steady, comfortable pace.



## 4. MUSIC CONNECTS PEOPLE

Music brings us together and builds community.

Strong social connections are linked to:

- Better mental health
- Lower stress
- Better heart health
- Longer lives

Music can be the bridge that connects us.



## 5. MUSIC BRINGS BACK MEMORIES

Music activates many parts of the brain.

It can:

- Improve mood
- Reduce agitation
- Stimulate memories
- Encourage movement
- Foster communication

That's why music therapy is so valuable—especially for people living with memory loss.

Create your own Heart Healthy Playlist!

JOIN US FOR OUR

August Heart Walk ♥



Saturday, August 15  
9:30 AM – 11:00 AM



Meet-up @  
Trailhead Cafe  
127 San Marin Drive  
Novato, CA



MOVE



CONNECT



LEARN



ENJOY

BUILD YOUR

Heart Healthy Playlist



Songs that  
**MAKE YOU SMILE**



Songs that  
**ENCOURAGE YOU TO WALK**



Songs that  
**HELP YOU RELAX**



Songs that  
**BRING BACK POSITIVE MEMORIES**



Songs that make you want  
**TO DANCE IN THE KITCHEN!**

Take care of your heart.

Find joy. Move more. Connect. And enjoy the music!



LOWER  
STRESS



SUPPORT  
HEART HEALTH



ENJOY  
MOVEMENT



BUILD  
CONNECTION



BOOST BRAIN  
& MEMORY



BRING MORE  
JOY



So put on your favorite song, take a deep breath, and let's enjoy the walk together!



Walk With a Doc  
Moving together. Healthier together.