

BRAIN HEALTH BOOST



Brain Healthy Lifestyle: Music and Movement Matter

Music and movement are fundamental attributes of the human species. Cultures from the most primitive to the most sophisticated, make music and move. Across our lifespan and throughout history music and movement are a core component to being human. In times of celebration, in times of heartbreak, in times of triumph, and in times of tragedy, music connects our hearts, minds, bodies and souls with others. Tone deaf or perfect pitch, in tune or not, humans are hard wired to hum and sing. Coordinated or awkward, in step or not, we dance and bounce. A varied group of studies suggests music and movement matter to promote brain health and daily performance and also helps to fight brain. So, this weekend, make music, listen to music, smile, shout, dance, and move. As sung so lovely by the late Karen Carpenter, “Sing, sing a song. Make it simple to last your whole life long. Don't worry that it's not good enough for anyone else to hear. Just sing, sing a song.”

Individuals, families and communities in our backyard and around the globe have turned to music during the coronavirus crisis. From TV concerts, to neighborhood sing-a-longs, to Facebook performances, it can help maintain a sense of community. During this time where we have temporarily lost a sense of freedom and the ability to control our day-to-day living, it is important to protect our brain health and identify opportunities where we can feel a sense of control.

WHAT YOU CAN DO TO PROMOTE YOUR BRAIN HEALTH TODAY

- Make music and move to regain a sense of control and well-being. Sing, pound, beat, clap, stomp, rock and roll, to make your music and move.
- Use a platform, like iTunes, SoundCloud, Pandora or Spotify to create a playlist that provides you comfort, inspiration and gets you moving.
- Create a virtual dance party, go out to your curb or open your windows and make music from a distance with others in proximity. Music and movement creates a sense of belonging and participation.

- Check out this week's Spotify playlist: [Songs to get you moving](#).
- Tune into the [One World Together At Home](#) concert. USE THIS LINK <https://www.globalcitizen.org/en/content/one-world-together-at-home-how-to-tune-in/>.



On Saturday April 18, 2020, *One World: Together At Home* will bring together some of the world's biggest artists, global health experts, frontline workers, and world leaders for a historic multi-hour, cross-platform digital livestream and broadcast event to support the frontline health workers caring for people who have contracted COVID-19.

- There are many films that focus on music and/or musicians. You might want to check out some like: *Walk the Line* (2005); *The Blues Brothers* (1980); *Love and Mercy* (2014); *Almost Famous* (2000); *A Star is Born* (1937; 1976 ;2018); *Amadeus* (1984); or *Sound of Music* (1965).

About the Brain Health Initiative (www.brainhealthinitiative.org)

The Brain Health Initiative (BHI) is a cutting-edge, new approach to promoting brain health and fighting brain illness across the lifespan. Through education, research, innovation and action the collaboration between Massachusetts General Hospital, a Harvard Medical School Teaching Hospital, and the Academy for Brain Health and Performance intends to build brain healthy communities with cultures that increase brain health protective factors and reduce risk factors, improving brain health and optimizing brain performance outcomes for the Florida Gulf Coast region and beyond. Join the movement, lifestyle makes a difference. **To view all Brain Health Boosts [click here](#).**