



## SENIOR NUGGET - OCTOBER 2015



### HOW MUSIC IMPROVES YOUR HEALTH!

Melodious tunes cannot only soothe a stressed spirit, but can enhance the body from concentration to coordination.

Not certain how to select enhancing music, try these tips as prescribed by a music therapist:

**Physical Energy** - Stars and Stripes Forever (Sousa)

**Strength and  
Courage**

- Battle Hymn of Republic (Steffe)
- Pomp & Circumstance (Elgar)
- Symphony No. 2 Final Movement (Brahms)
- Star-Spangled Banner (Key)

**Relaxation**

- Scottish Fantasy (Bruch)
- Humoresque (Kreiser)
- Appalachian Spring (Copeland)
- Strings (Mantovani)



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### How to select health-enhancing music ...

- Clear Thinking**
- Brandenburg Concertos (Bach)
  - Born Free (Soundtrack)
  - Concerto for Three Violins and Orchestra (Telemann)
  - Violin Concerto (Brahms)
- Learning**
- Concerto No. 1 in F (Handel)
  - Winter from Four Seasons (Vivaldi)
  - Harpsichord Concerto in F Major (Bach)
  - Double Fantasia in G Minor For Flute and Strings (Telemann)

Good music stimulates the intellect, emotion, appeals to ethics and aesthetics and evokes appreciation of beauty and excellence. Music therapy has been used for centuries. King Saul had harpist, David, play soothing music to calm him when he was troubled. Greek philosophers Plato, Homer, and Aristotle all knew the positive effects on body and mind. Music triggers our bodily responses before and to a greater extent - than the lyrics do!



Birthday greetings to all having a October birthday  
Check your Bible Birth Verse: [www.birthverse.com](http://www.birthverse.com)