

Step, spin and swing into spring



Tictrac

Mar 18, 2022

It's time to get your groove on! We hope you are enjoying stepping into spring with our latest challenge. Now we have the perfect way to keep you motivated.

Put an extra spring into your steps with the perfect soundtrack. Whether you prefer bouncing along to high-tempo tunes or taking in your surroundings with something more chilled, music is a great way to add rhythm to your routine.

Dance like nobody's watching

Combining some upbeat tunes with a walk, run or workout is a great way to distract your brain. How many times have you started something hard and let it overwhelm your mind? A study from 2019 [1] showed how music reallocated attention and elicited a positive response. By putting on your favourite tunes you can reframe your mind, get outside and really enjoy yourself. Here's the perfect playlist to get you moving this month.

[Listen now](#)

In this article, we link to third-party content or websites and are not responsible for the content and/or data collection of any websites accessible via link(s) on our website. We recommend you check their privacy policy to understand how they may use your personal information.

1. [The Way You Make Me Feel: Psychological and cerebral responses to music during real-life physical activity](#). Science Direct, March 2019.