

Module 6 – Health Benefits of Music

Student: _____

Listen to a TV program talk about the benefits of music. Then, choose the correct answers (three options).



	a. Music is not healthy for us.
	b. Studies show that listening to upbeat music can increase our heart rates and blood pressure.
	c. Some people choose to listen to classical music when exercising.
	d. Classical music can reduce stress and improve our immune system.
	e. There are many benefits in learning how to play a musical instrument.
	f. All types of music have the same effect.