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Tick the run-on sentences. Run-on sentences are:

1. Sentences that use too many conjunctions.
2. Sentences that are too long.
3. Sentences that join ideas that should be separate.

1. Music helps us exercise because it distracts us and keeps our minds off the tiredness, and it makes exercising more fun so we can work out for longer, and the more we exercise, the more we get fit.
2. We listen to upbeat music which puts us in a good mood and it helps us feel energized and happy while exercising, so we keep going and the rhythm makes us feel like dancing too, so we don't even notice how tired we are.
3. When we hear fast beats, our bodies tend to move along with the rhythm and this helps us to exercise better, and it also keeps us motivated so we can push through and continue for longer periods.
4. Music can make us feel happy and it gives us energy to exercise and we can continue working out even when we feel a little tired because the music takes our focus away from the discomfort.
5. When groups of people exercised with the Jymmin machines, they felt less tired, which suggests that making music while moving has additional benefits.
6. When people exercise in groups while listening to music, they often feel more motivated, and they keep pace with the rhythm, and they may not notice that they are pushing themselves harder than usual and that's why they work out longer.
7. Even though music helps people exercise longer, the social aspect of group exercise could also play a significant role.
8. The study by Tom Fritz shows that people who worked out with music playing felt less tired and they performed better than when they exercised without music, and they also seemed to enjoy the experience more.
9. Dr. Karageorghis suggests that songs with 120-140 beats per minute are best for workouts because they keep the tempo manageable.
10. Using special machines called Jymmin, people exercised by making music, and they said they felt less exhausted, and they found the experience more fun, so they may have worked out harder without even realizing it.
11. Music with an upbeat rhythm not only motivates us to exercise but also improves our overall mood during the workout.
12. Although we may be tired after exercising for 20 minutes, listening to music helps us keep going without realizing it.
13. Dr. Costa Karageorghis suggests that music with a specific tempo is ideal for exercise, and it should be between 120 to 140 beats per minute because this range keeps people motivated and helps them move at the right pace, and it also improves their mood.
14. People tend to enjoy exercise more when they hear their favorite songs and it helps them forget about the effort they are putting in, and they can work out harder and longer because the music distracts them from any discomfort they might feel.
15. The new study by Tom Fritz adds that music isn't the only factor, as the experience of creating music while exercising can reduce fatigue.
16. While fast-paced music can energize us, it's important that the beat isn't too quick for effective exercising.
17. When we hear a song we like, our brains focus on the music, which keeps us from feeling tired as quickly.
18. Music helps people not only physically but also mentally, and it keeps their mood high and reduces feelings of tiredness, and as a result, they tend to enjoy their workouts more and even look forward to exercising.
19. Music distracts us during exercise, allowing us to continue longer without noticing fatigue.
20. Dance music naturally makes us move to the beat, putting us in a better mood and motivating us to exercise more.