

## News and Views

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DOI: 10.5530/ijcep.2019.6.2.20

## NEWS

### Impact of Greenspace on Motivating Physical Activity

Greenspace has a greater impact on health. It promotes health by reducing the exposure to air pollution and enhancing the opportunity for physical activity. A previous study by Dr Mueller assessed the impact of greenspace on physical activity levels in the individuals in European cities.<sup>[1]</sup> He used three different metrics of greenspace and correlated it with the physical activity levels. The greenspace metrics used were Normalised Difference Vegetation Index [NDVI], proportion of tree canopy coverage and proximity to green land use. Those individuals who were exposed to greenspace had a dramatic improvement in their physical activity levels.

NDVI, an indicator of greenness, was positively correlated with the average hourly steps and overall distance covered by the individual (walking and running activities only). These results shows that greenspace has a definite role in promoting the physical activity. However, there was no association between the duration of walking and running with the levels of NDVI. Hence, further studies should be carried out to understand the potentially important covariates of individual participants and pool data from the other cities to confirm and refine these early study results.

## VIEWS

### Does Music Influences Exercise Performance?

There are various factors, which influences the exercise performance on day-to-day basis. Most of the people prefer doing exercise with music. Does music has real impact over the exercise performance? To answer this question, Costas Karageorghis and David-Lee Priest, two researchers at Brunel University in London, England, published an overview of 62 studies completed since 1997.<sup>[2]</sup> The overall impression given by the research is highly positive. When the music is played before exercise, it increases arousal and improves the performance. Music has ergogenic (work enhancing) and psychological effects, when it is played during exercise.

Listening to music during exercise delays fatigue and reduces the perception of fatigue. It also increases the physical capacity and influence mood, thereby enhancing the performance. Music improves the endurance of the individual, during low to moderate intensity exercise, whereas performance does not increase much when the person exercises beyond lactate threshold (high intensity exercise). This difference may be because, body's physical feedback mechanism dominates the nervous system, so that distraction by any means is more difficult to achieve during high intensity exercise. In addition, the beneficial effects of music are attenuated, if the exercise is accompanied by very loud music (over 100dB). Reports of these researches confirms that music has an explicit role in improving the exercise performance.

## REFERENCES

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2. Karageorghis CI, Priest DL. Music in the exercise domain: a review and synthesis (Part I). International Review of Sport and Exercise Psychology. 2012;5(1):44-66.