

“Jammin’ Dave Jackson’s How To Use Your iPod as a Weight Loss Tool”

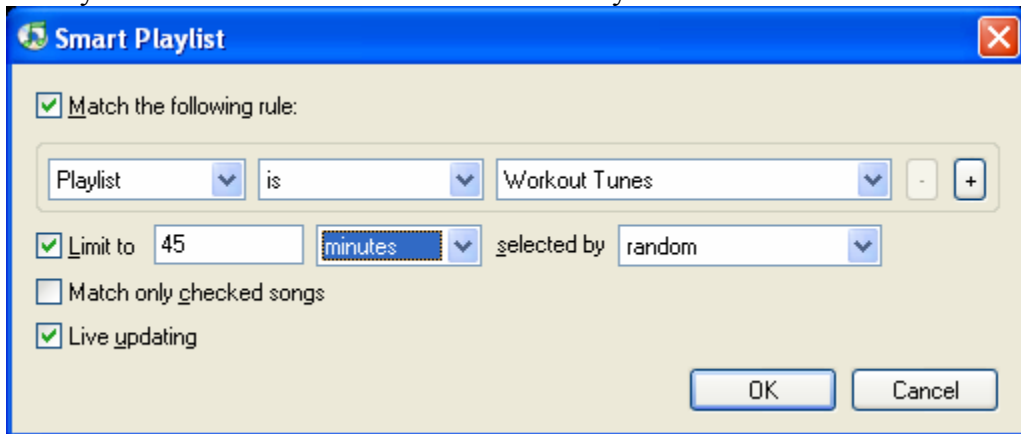
First of all Music brings out emotions, and those emotions can spur us on to exercise:

I use iTunes to make a playlist (File > New Playlist).give the playlist a name like “workout tunes.”

I then went through my library and dragged songs on to the new name “workout tunes” to add them to the play list. Put a ton of music in here that gets your blood pumping (the more music you have – the less chance of repeating).

Once I have all my songs in the list I return to make another “Smart Playlist” (File > New Smart Playlist). Here you can tell THIS playlist to select songs from the first playlist.

Then you can limit it to the number of minutes you want to exercise.



This is the end of the “basic” setup.

Adding Beat Per Minute to the Equation

But you can take it a step further and really find music that works for you. I found a free software call “mixmeister” (http://www.mixmeister.com/download_freestuff.html) BPM Analyzer. This is a free program (they ask for your email, but you can put in a bogus email, and still get access). Then you point the program at the folder where your music is (typically in an iTunes folder). It will analyze how many Beats Per Minute each song is.

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After running mixmeister you may have to click on the song title if you want to see the new BPM number listed in iTunes (it's there, but it may not appear until you click on it.) Also, mixmeister works on MP3 files (not AAC). I do most of my cardio on an elliptical trainer doing 50-60 strides per minute. For me songs in the 90-140 Beats Per Minute work great. But as you can imagine, everyone has their own speeds. But you can now create another smart playlist using the following settings¹:



Using the following settings your play list will not only pull your specified tempo of music, but it will rotate songs in and out of rotation so you don't get sick of hearing the same music over and over. Every time you plug in your ipod to your computer, the playlist will update.

The above example shows a limit/length of 60 minutes. You can adjust that to your desired workout length (I currently do 45 minutes, 5 days a week).

The hardest part of exercising is starting. For me music helps make it fun, and it keeps me going mid-workout when I'm tired.

As always contact your physician before starting any exercise program.

I also use a program called "My Personal Diet" for the pocket pc which I bought at [handago.com](http://www.handango.com/affiliate/PlatformProductDetail.jsp?programId=45&affiliateId=846&productId=1249)
<http://www.handango.com/affiliate/PlatformProductDetail.jsp?programId=45&affiliateId=846&productId=1249>

For more information about me and my websites go to www.jammindave.com

¹ To add another line click the "+" at the right of the line. The "-" to remove a line.