Your cell phone could curb the intensity of your workout

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Postural stability, and therefore, possibly predispose individuals to other greater inherent risks such as falls and musculoskeletal injuries," Rebold says.

The study, which examined 45 college students, showed that cell phone texting during exercise significantly impacts postural stability – by 45 percent—when compared to no cell phone use. The investigation also revealed that talking on a cell phone while exercising reduces postural stability by 19 percent. Listening to music on a cell phone, on the other hand, has no notable impact on postural stability during exercise, the study showed.

So next time you trot on the treadmill, go ahead – turn on the tunes.


Provided by Hiram College