



ten benefits **OF PLAYING PIANO**

1. SHARPENS THE INTELLECT

Piano practice boosts cognitive and intellectual abilities by activating similar parts of the brain used in spatial reasoning, which figures heavily in math, science, and engineering.

2. DEVELOPS PASSION AND DILIGENCE

High achievement has been linked not to innate talent, but to a combination of passion and discipline. Playing piano builds these good habits through dedication and goal-setting processes.

3. MAINTAINS AN AGING BRAIN'S HEALTH

Research has shown that piano lessons for older adults have a significant impact on increased levels of Human Growth Hormone, which slows the adverse effects of aging.

4. EXERCISES THE BODY

Even though you're sitting down, playing the piano is a workout all its own, improving fine motor skills and hand-eye coordination. Bringing music into your life is also proven to reduce heart and respiratory rates and cardiac complications, as well as to decrease blood pressure and increase immune response.

5. ENCOURAGES CREATIVITY

Music affects our creativity through enhanced brain activity. This can inspire innovative solutions and evoke memories, emotions, and experiences—all powerful catalysts for ideation.

6. STRENGTHENS MEMORY

Studying piano has been shown to have a remarkable effect on memory—particularly with language. Children who have a few years of piano study under their belts can remember twenty percent more vocabulary words than their peers.

7. ELEVATES MOODS

Have you ever experienced a sensation of “chills” when listening to music? Playing piano can alter emotions through the release of serotonin and dopamine, “feel-good” neurotransmitters that provide the brain with positive emotions.

8. CALMS THE MIND

Time spent playing piano improves mental health: people who make music experience less anxiety, loneliness, and depression. It is also a widely-used form of therapy for Attention Deficit Disorder.

9. FOSTERS COMMUNITY

For more than 300 years, the piano has been a staple of the home, bringing together families and friends, and strengthening communities with the power of music.

10. BOOSTS CONFIDENCE

Playing piano provides ample opportunities to bolster self-esteem. The ability to respond to constructive criticism—and learn from it—helps generate a positive outlook on life.



STEINWAY & SONS