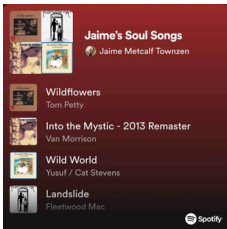


Music Playlists

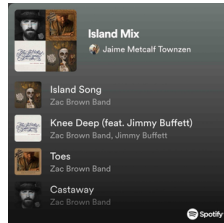


Our bodies and minds function in rhythms, and what we listen to directly affects our mood, energy levels, even our blood pressure. Feeling overwhelmed? Turn on something calm and soothing. Need motivation? Turn on music that is energetic and encourages you to move.

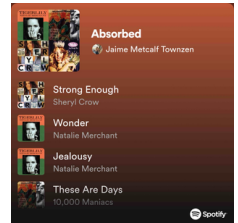
Anytime Chill Music



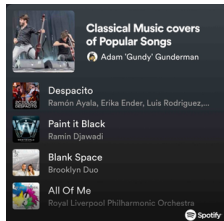
Feeling Beachy Music



Back to the 90's Music



Music to Work By



Music to Boost my Mood and Move My Body

