Envisioning Technology

One of my favorite things to do is listen to music on my phone at random times during the day. Normally I put my headphones in and listen to music when I’m walking to class, working on homework, working out, or taking a nap. I typically use Spotify, which is a music-playing app on my phone, to access all of my favorite songs to listen to. The reason I like listening to music is because it gives me a place to escape in a world full of people, so that I can think internally on my own and reflect on my life.

Spotify is an app that helps you listen to, organize, and discover your music. It’s downloadable through the iTunes app store. In this article, Sarah Mitroff explains the new “Running” feature of the app, which is designed for people who need pump up music when they run or work out (which is perfect for me). The new feature connects with the tempo of your run using sensors and connects to music that goes along with it. In order to do this, the user has to connect to their Spotify during their run or workout, and the app counts how many strides per minute the user goes and correlates the music along with it (Mitroff). This improves the overall workout of Spotify users (including myself), because it allows the user to let the music guide his or her workout.

This technology has changed my interest of listening to music because I used to have to make different playlists for working out and running, and now I
don’t have to make any playlists because Spotify customizes playlists as I’m working out. This saves me the time of finding the “perfect” song for my workouts and helps me listen to music more efficiently.

Because of this new feature on Spotify, I will be more motivated to workout in the future because I enjoy the music I listen to while I’m doing it. In turn, I will be more productive while listening to music and working out. I will also most likely enjoy working out more because of this new feature.
 Works Cited

Mitroff, Sarah. "Hitting the Pavement with Spotify Running (hands-on) - CNET."