

OLDER ADULTS WHO EXERCISE WITH THEIR SPOUSE MAY BE LESS PHYSICALLY ACTIVE THAN THOSE WHO EXERCISE INDIVIDUALLY

BRIEFLY

from **ScienceDaily**

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A study by researchers from Nanyang Technological University, Singapore (NTU Singapore) found that older adults who exercise with their spouse achieve lower physical activity levels than older adults without their spouse.

"The average participant in our study is 60 years old and has been married to and living with the same spouse for 30 years. This suggests that the study participants

have well-established routines that do not necessarily include exercising with their spouse."

ScienceDaily <https://www.sciencedaily.com/releases/2024/01/240117143803.htm>

In a study of 240 participants aged 54 to 72 years old, the researchers also found that those who received personalized feedback on their fitness trackers were more active than those who did not.

"Our research suggests that older adults looking to introduce exercise into their lifestyles may find it more effective to focus on changing their own routines rather than attempting to exercise as a couple and seeking to impose changes on their partner."

ScienceDaily <https://www.sciencedaily.com/releases/2024/01/240117143803.htm>

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