

If you want better results from exercise, keep your distance from your partner! Strange revelations in research



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Focusing more on exercise for health. Or if you want more results from exercise, this news may help you. An interesting study found that to do this you need to create 'distance' from your partner. The study found that couples who exercised together were less active than those who exercised separately.

Singapore's Nanyang Technological University (NTU) tracked the fitness of 240 people aged 18 to 55 weeks and got the results. In a study published in the International Journal of Human-Computer Interaction, researchers reported that those who participated in the program with their spouses had 10 to 20% fewer steps than others.

In this case, science doesn't say exactly why this happened. Previous research has shown that having a partner can make activities more enjoyable. Plus, it increases responsibility and provides extra exercise. But the results of this study surprised the researchers.

Research suggests that when it comes to exercise, people should put more emphasis on their own routines. (Image credit: Shutterstock)

Researchers say couples who exercise together have less activity related to pre-established health routines. He said a goal of 10,000 steps a day is easier for one than for two. For two people, it takes more time and motivation for it.

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It takes time and change for couples to find time together and change daily habits. In such ca becomes more difficult and discouraging. The findings of this study are important in the cont increasingly aging population. Research suggests that as people age, people should focus mc their own routines, not their partner's.

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