

Why you SHOULDN'T exercise with your partner, according to science trends now

HEALTH (dailymail) ⌚ about 10 hours ago



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By [Xantha Leatham Deputy Science Editor For The Daily Mail](#)

Published: 14:54 GMT, 18 January 2024 | Updated: 14:58 GMT, 18 January 2024

If you're planning on going for a run, it might be a good idea to leave your spouse at home.

That's because new research suggests – for older adults at least – that exercising with your significant other results in lower physical activity levels compared to if you exercise on your own.

Scientists from the Nanyang Technological University in [Singapore](#) studied 240 participants aged between 54 and 72.

They wore fitness trackers which recorded information such as the number of steps taken, heart rate, distance covered, calories burned, minutes of activity and sleep data.

The participants recruited were all married and living with their spouses and were divided into different groups – those who were told to exercise as couples and those told to exercise on their own.



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Analysis revealed that over 12 weeks, those who exercised as a couple had lower average step counts than those who participated individually.

On average, participants who exercised with their partner took 10,441 steps per day compared to 11,372 steps per day for people who exercised individually.

The researchers believe that higher levels of physical activity require a greater change in couples' lifestyles, therefore making it harder to achieve.

Dr Sapphire Lin, who led the research,

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