DOES TRAINING WITH YOUR PARTNER BOTHER YOU? STUDY HAS SURPRISING RESULTS

In recent months, Nanyang Technological University in Singapore has been conducting an important study. Therefore, the researchers decided to evaluate the quality of the physical activity performed by a person and their partner.

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However, they tried to find out whether the company actually brings benefits or whether it ends up getting in the way. Therefore, the result surprised everyone and was published in the International Journal of Human-Computer Interaction.

What's worth it: solo hike or as a couple?

The analysis initially involved 240 volunteers between the ages of 54 and 72, all married and living near a spouse. In this way, the common routine is considered as the common point of older people.

Over a period of 12 weeks, the cell phone monitored the steps of two groups: in the first the journey was lonely and in the second the couple walked together. Therefore, the monitored participants noticed a
slower pace.

**Reasons that explain the difference in performance**

As mentioned, research has shown that having a person next to you, no matter how close you are, evokes comparison. Therefore, older people, trying to get used to a physical activity routine, try to adapt to the needs of their partner.

In addition, the numerous limitations that arise with age also raise questions. For example, when you are alone, you often feel free to walk wherever you want without explaining. This attitude results in an extended moment of activity that is not repeated in a person's presence.

**Physical activity should take place with or without a partner**

Remember that exercise, combined with a healthy diet and good sleep, strengthens your metabolism. In this case, never forget to set aside 10 to 50 minutes a day for aerobic activities that stimulate your muscles.

The decision to call a friend or partner is yours as you need to start doing it as soon as possible. Finally, replace the elevator with stairs, take a light walk and practice postures with the aim of gradually improving.

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