



Scientists from Nanyang Technological University in Singapore found that joint exercise may cause a decrease in the daily physical activity level of older couples. Research results **published** In International Journal of Human-Computer Interaction (IJHCI).

240 people aged between 54 and 72 participated in the research. All of the participants in the study were married. They lived with their spouses. Subjects were divided into two groups. While those in the first group had to train alone for 12 weeks, those in the second group had to train with their partners. Data on the number of steps taken, heart rate, distance traveled, calories burned, activity duration and sleep quality were recorded using special tracking bracelets.

Analysis of the results showed that those who trained in pairs for 12 weeks had a lower average step count than those who trained individually. Participants who exercised with their partners took an average of 10,441 steps a day, while this figure was 11,372 for those who exercised alone. It also turns out that couples who exercise together are more likely to lead a sedentary lifestyle.

Incorporating exercise into a couple's established daily routine can be unusual and difficult, according to researchers. Additionally, restructuring already established habits for joint exercise can lead to fatigue and decreased motivation.

Former nutritionist **said** what foods to consume before various types of workouts.

Source: Gazeta



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