

Why you SHOULD NOT exercise with your partner, according to science

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Why you SHOULD NOT exercise with your partner, according to science
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If you plan to go for a run, it may be a good idea to leave your spouse at home.

That's because new research suggests, at least for older adults, that exercising with your partner results in lower physical activity levels compared to if you exercise alone.

Scientists at Nanyang Technological University in Singapore studied 240 participants aged 54 to 72.

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

All recruited participants were married and living with their spouses and were divided into different groups: those who were told to exercise as a couple and those who were told to exercise alone.

Scientists at Nanyang Technological University in Singapore studied 240 participants aged 54 to 72. They wore fitness trackers that recorded information such as the number of steps taken, heart rate, distance traveled, calories burned, minutes of activity and sleep data.

The analysis revealed that over 12 weeks, those who exercised as a couple had lower average steps 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.

Researchers believe that higher levels of physical activity require a greater change in couples' lifestyle, making it more difficult to achieve.

Dr Sapphire Lin, who led the research, said: "The average participant in our study is 60 years old and has been married 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.

'For these couples, changing daily habits could require a major reorganization of habits and routines ingrained in their family life after years of marriage. This makes it difficult to incorporate exercise and could have a demotivating effect.

"Our research suggests that older adults who want to introduce exercise into their lifestyle may find it more effective to focus on changing their own routines rather than trying to exercise as a partner and trying to impose changes on their partner."

The findings also revealed that couples who exercised together spent more time sedentary per day and reached daily step counts of 7,500, 10,000, and 15,000 less frequently than those who exercised individually.

The study was published in the International Journal of Human-Computer Interaction.

HOW MUCH EXERCISE DO YOU NEED

To stay healthy, adults ages 19 to 64 should try to be active daily and should do:

at least 150 minutes of moderate aerobic activity, such as bicycling or brisk walking, each week and strength exercises 2 or more days a week that work all major muscles (legs, hips, back, abdomen, chest, shoulders and arms)

EITHER:

75 minutes of vigorous aerobic activity, such as running or an individual tennis match, each week and strength exercises 2 or more days a week that work all major muscles (legs, hips, back, abdomen, chest, shoulders and arms)

EITHER:

a combination of moderate and vigorous aerobic activity each week; For example, 2 30-minute runs plus 30 minutes of brisk walking equal 150 minutes of moderate aerobic activity and strength exercises 2 or more days a week that work all major muscles (legs, hips, back, abdomen, chest, shoulders and arms)

A good rule of thumb is that 1 minute of vigorous activity provides the same health benefits as 2 minutes of moderate activity.

One way to get the recommended 150 minutes of weekly physical activity is to do 30 minutes 5 days a week.

All adults should also interrupt prolonged periods of sitting with light activities.

Source: [National Health Service](#) in the United Kingdom

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