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Couples who exercise together communicate better – 18th August 2026

Level 4

Married couples who exercise together communicate better. Researchers looked at exercise habits and relationships of married couples. The researchers focused on conflict resolution, the ability to listen, and the seriousness of marriage problems. A professor suggested that exercising together helped couples sort out problems. He said couples communicated better and had fewer problems when they exercised together.

The researchers compared couples exercising separately with those exercising together. The couples who exercised together were more successful at resolving marriage problems. The professor said about 60 per cent of couples said they exercised, but only a third exercised together. This means half the people who exercised did not do so with their spouse. The professor said exercising together affected relationships "in some meaningful way".

Level 5

Research has found that married couples who exercise together communicate better. Researchers in the USA looked at exercise habits and relationships of 1,700 married couples. The research team focused on conflict resolution, the ability to listen, and the seriousness and frequency of marriage problems. A professor suggested that exercising together helped couples sort out problems peacefully. He added that the effect was small but important. He said couples communicated better and had fewer problems when they exercised together.

The researchers compared couples exercising separately with those exercising together. Both kinds of exercise were associated with healthier marriages. However, couples who exercised together were more successful at resolving marriage problems. The professor said: "About 60 per cent of husbands and wives in the sample said they exercised, but only about a third exercised together. That means about half the people who exercise are not exercising with their spouse." The professor said he was confident that exercising together affected relationships "in some meaningful way".

Level 6

New research has found that married couples who exercise together communicate better. Researchers from Brigham Young University in the USA looked at the exercise habits and relationships of 1,693 young married couples. In particular, the research team focused on conflict resolution, the ability to listen to a partner, and the seriousness and frequency of marital issues. Study co-author Professor Jeremy Yorgason suggested that exercising together helped couples sort out problems "peacefully". He added that the effect was small but significant. He said couples reported better communication and fewer problems when they exercised together.

The researchers compared couples exercising separately with couples exercising together. Both individual and shared exercise were associated with healthier marriages. However, couples who exercised together were found to be more successful at resolving marital problems. Professor Yorgason said: "About 60 per cent of husbands and wives in the sample said they exercised, but only about a third exercised together. That means about half the people who exercise are not exercising with their spouse." He added that while the impact was not necessarily large, it was very consistent across couples. The difference gave him the confidence to say that it was affecting relationships "in some meaningful way".