

Successful Spouse Essentials: Health

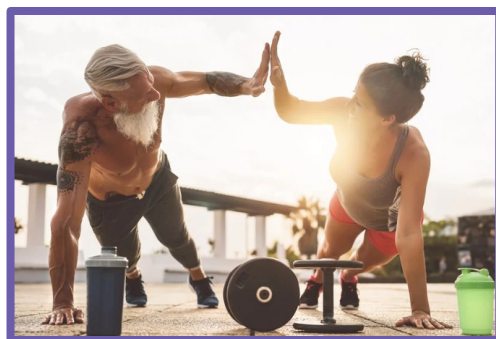
An overview highlighting how a happy marriage offers many benefits including better physical fitness, mental well-being, and overall health.



Before starting a new exercise program, consult with your physician, especially if you have any pre-existing health conditions or if you are not sure about what activities are safe for you.

Health is a priceless asset. Good health is essential to maintain a good quality of life. It involves social, physical, and mental parts of our life and each area is equally important.

Studies show that who you choose to marry is the most important decision you'll make in your lifetime.



In a world that is consumed with instant gratification and disposable relationships, we celebrate the successful spouse. The Successful Spouse Essentials are materials aimed to focus on various aspects of marriage to both inform and inspire you to live a happy life together and celebrate partnership in new ways over time.

How can your marriage enhance your health?

SOCIAL



Marriage offers consistent social support which reduces loneliness, isolation, and depression. Research links loneliness with inflammation, and chronic inflammation is associated with heart disease, arthritis, autoimmune disease and cancers.

PHYSICAL



Married couples are more likely to adopt healthy habits like eating better or participating in activities. But the physical benefits go much further. Physical touch (sexual and non-sexual) promotes overall health as it strengthens emotional bonds and reduces stress.

MENTAL



Marriage can positively impact the couple's mental health by offering a sense of purpose, security, a deep emotional connection and support; all of which are critical for mental health.

A spouse who offers emotional and physical support can help you live a healthier, happier life.

Reasons we see improved health in marriage are not isolated to one factor, but managing stress is a large component.

Married people share the burden of maintaining a household, managing finances, raising children, and dealing with all of life's challenges together which in turn reduces their individual stress levels vs. managing these things alone.



STUDIES SHOW THAT MARRIED COUPLES

- **Live longer**
- **Have fewer strokes**
- **Have fewer heart attacks**
- **Are less likely to have advanced cancer at the time of diagnosis**
- **Are more likely to survive cancer**
- **Are more likely to survive major operations**

TIL DEATH DO US PART

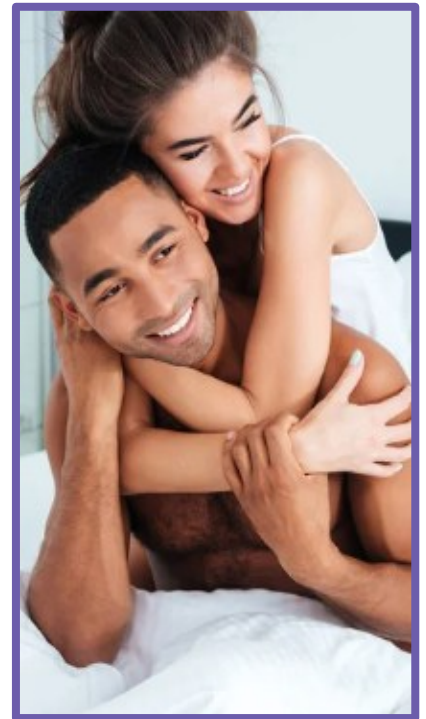
Married women are 20% less likely to die from heart disease, cirrhosis of the liver or suicide; and married men are 2–3 times less likely to die of these causes than single men.

Happily married people have less anxiety disorders, less phobias, less depression, and less psychosis. This is because happily married people produce less cortisol, which is the body's reaction to stress.

Research shows that sex can play a big role in a married couples health. **Sex improves physical and mental health** as your body releases natural feel-good hormones including endorphins, oxytocin, and dopamine boosting your mood!

Health Benefits of Sex Include

- **Better sleep**
- **Better heart health**
- **Boost in cognitive function**
- **Boost in self-esteem**
- **Exercise/burns calories**
- **Improves memory**
- **Increased intimacy/sense of well-being**
- **Lower rates of depression**
- **Lowers risk of heart attack**
- **Pain relief/management**
- **Reduces incontinence/strengthens pelvic floor**
- **Reduces risk of prostate cancer in men**
- **Reduced stress/better stress management**
- **And more!**



Studies unanimously agree that sex within a marriage is important for overall intimacy and well-being. It is suggested that couples schedule some sexy time at least once a week to realize these major health benefits!

If you and your spouse struggle with poor communication, intimacy issues, or sexual dysfunction, a sex therapist can help you and your partner address your concerns and find ways to connect with one another.



WAYS GO GET PHYSICAL TOGETHER

- **DANCING** is a great way to get active. It can be a class you take together, an event, or just dance at your local bar. If you hear some music, dance!
- **JOIN A SPORT** together like pickleball, tennis, or a local adult league like bowling, kickball, or softball.
- **SET PHYSICAL GOALS** together. Your goals can be something like how many steps you take each day, or physical improvement goals. You can even share tracking metrics on many apps!
- **JOIN A GYM** together so that you have an accountability partner. You can workout together, or separately, but at least you know someone is counting on you to be there!
- **WALK OR HIKE.** You can visit local parks and make special trips when you have extra time to get into nature and enjoy some new scenery.
- **GO CYCLING.** Its a low impact activity that can be done at whatever pace suits your physical fitness levels.
- **HAVE SEX.** This activity will burn calories and is a great way to connect with each other and reinforce intimacy.



A Successful Spouse chooses to love their spouse every moment of every single day, intentionally. They treat their partner with respect, regardless of if their spouse is present or not. They feel and show deep gratitude and appreciation for their spouse through acts of love, kindness, and service.

The Successful spouse will work hard every day and choose love to always help promote a sense of security and overall well-being in the marriage. Here's a run down of some actions that promote successful partnership in marriage.

- **Partnership mentality** – to view each other as your equal and support each other as such in life.
- **Respectful** – to treat one another with kindness and support each others' goals and dreams. Never expecting the other to abandon their morals or push boundaries.
- **Good communicator** – to speak truthfully, and with empathy so each person's perspective is understood.
- **Honesty** is an essential quality. It requires being truthful, sincere, self-aware, and acting with integrity.
- **Desire to spend time together** – when there is free time, you know your spouse wants to be with you.
- **Plans for the future** – fun or fiscal planning so that your relationship remains strong as you experience new things together and accomplish goals together.
- **Prioritization** – to put the needs of the relationship before the needs of the individual.
- **Good humor** – the ability and desire to make each other laugh which keeps spirits high and tensions low.
- **Shared Values** – beliefs that guide behavior, interactions, and decisions.
- **Shared Health Outlook** – research shows couples who exercise together complete and maintain fitness goals at a higher rate than singles
- **Emotional maturity** is the ability to manage emotions and calm in challenging situations. It requires taking steps to understand each and how to best resolve conflict and challenges together.
- **The Ability to Forgive** – nobody is perfect, so giving your spouse grace when they misstep is important. It is important to resolve conflicts or mistakes that are made without malicious intent.
- **Maintains self control** – considering your spouse in advance of making plans and decisions, avoiding inappropriate behavior or partaking in harmful habits that can impair your shared goals, and remaining loyal to your vows both when your spouse is present, and when they are not.
- **Friendship** – being the best friend ever! Showing love, patience, gratitude and joy to be your spouse.

If you are not the type who enjoys much physical fitness, don't worry.

"Working briefly on your marriage every day will do more for your health and longevity than working out at a health club,"

- John Gottman, Renowned Pioneer in the Field of Marriage

5 Tips For a Happy and Healthy Relationship

- 1. Say I love you often.**
- 2. Talk to each other every day.**
- 3. Complement one another frequently.**
- 4. Create things that are personal to the two of you like jokes, nicknames, and special habits.**
- 5. Don't reject your spouse when they are reaching out, be there when they need you.**

In summary, we celebrate the Successful Spouse for choosing to love their spouse each day, and choosing to be a healthy influence. The benefits from a health perspective can truly have an incredibly positive impact!
Be Healthy, Be Brilliant!