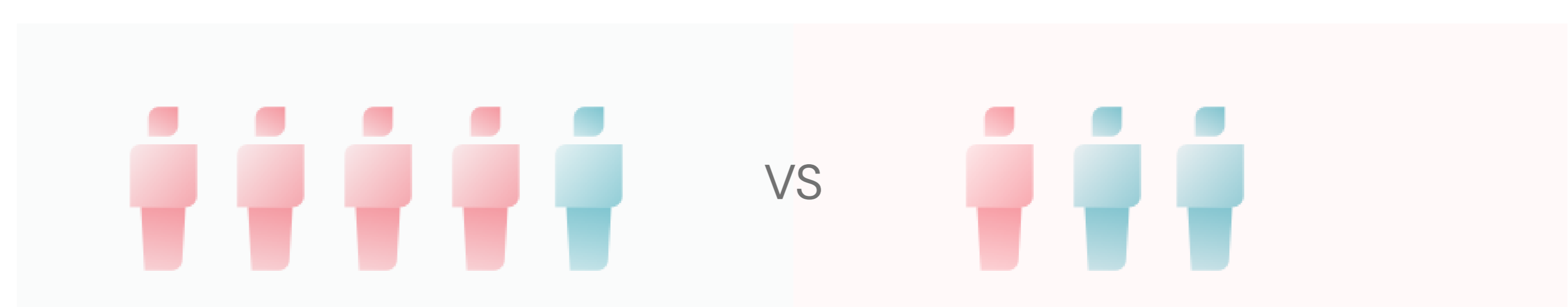


In cohabitating couples, when one person adopts a new fitness behavior, their partner has a **47% greater likelihood of successful behavior adoption.**



U.S. New Year Fitness Resolutions: Forbes Health One Poll 2022, 2023  
 Cohabiting Couples When One Adopts (fitness behavior adoption when one partner adopts): Jackson SE, Steptoe A, Wardle J. The Influence of Partner's Behavior on Health Behavior Change: The English Longitudinal Study of Ageing. JAMA Intern Med. 2015;175(3):385–392. doi:10.1001/jamainternmed.2014.7554