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# **Benefits Of Being And Staying Married**

Today's present trends indicate an increase in the number of unhappy marriages ending in divorce, and this number keeps going up. The figures do not lie, although one thing that couples may wish to rethink are the benefits of a happy marriage and what it can do for one's health, finances and emotional state.

An average single person is not as healthy as compared to someone who is married, according to statistics. Married people enjoy longer life spans and lower risks of heart disease, depression, back pain and alcoholism.

After looking at several married couples, studies have shown that while both husband and wife benefit from being married, the men are especially healthier than those who are single. Women, on the other hand, have more financial advantages.

Many couples who have been married for long credit dedication and companionship as their reasons for togetherness. This is true, as well as being faithful and valuing the sacrament of marriage as something to be respected. The average long-lasting marriage is one where both man and woman have pretty much the same value systems and interests.

It isn't always true that live-in couples who have been together for years before marriage stay together longer once they tie the knot - they are actually more prone to give up when the going gets tough, and lose commitment to one another. For cohabiting couples, the motivation to resolve conflicts isn't as great as the average married couple. Despite this, cohabiting couples are often treated in the same way as married couples - the only difference is that they aren't legally married. The studies also show cohabiting couples not enjoying all the benefits that married couples do. In terms of health, wealth and confidence, cohabiting couples are on the same level as singles. Once again, co-habiting couples aren't as committed as married couples, so that means they are usually more self-centered than a married man or woman.

There is one drawback to being a happily married man or woman, though, based on the studies. This would be in terms of body weight, where married couples usually put on the pounds.

Married couples may get more health benefits than divorced men and women or cohabiting couples, but they must note the negative health effects of divorce. This is an even worse, or equal stress factor as the usual work-related stress singles and married people go through.

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