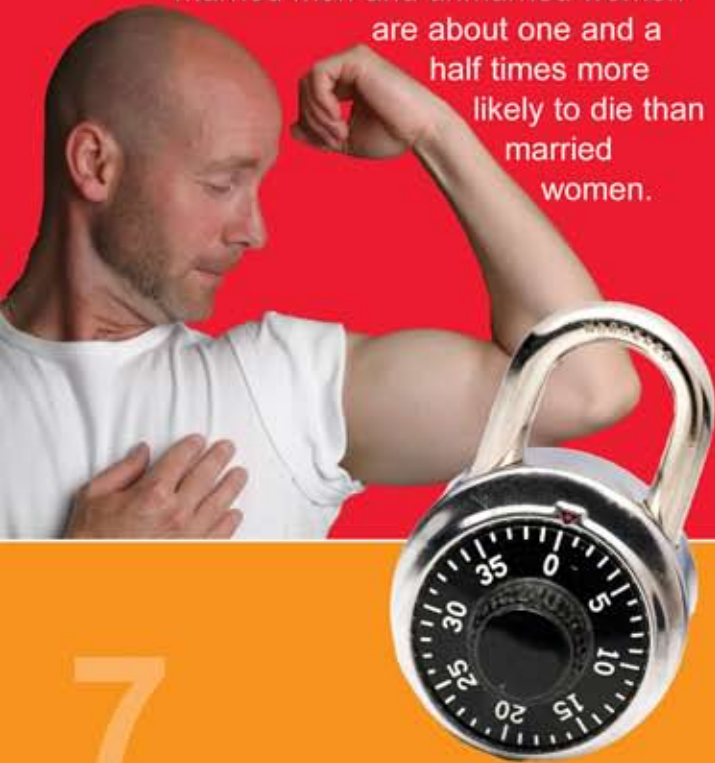


6 MARRIAGE IS GOOD FOR YOUR HEALTH

Married people, especially men, live longer and experience better health. It helps to have a spouse encouraging you to visit the doctor and have healthy eating and exercise habits.

Single, divorced or widowed men are two times more likely to die before age 65 as married men and unmarried women are about one and a half times more likely to die than married women.



7 MARRIAGE KEEPS YOU SAFER

Marriage appears to reduce the risk that adults will either commit a crime or be victims of crime. Spouses can keep you from getting into trouble. Single and divorced women are four to five times more likely to be victims of crime in a given year than married women. Unmarried men are about four times more likely to become victims of violent crime.

OTHER RESOURCES

www.smartmarriages.com

marriage.rutgers.edu

www.healthymarriageinfo.org

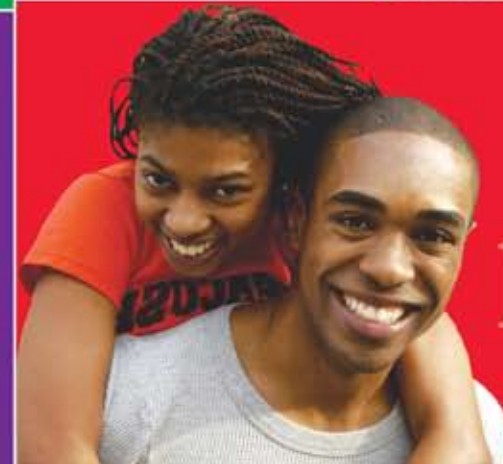
WHY MARRIAGE?



security



love



SEX



620 Lindsay Street, Suite 100, Chattanooga TN, 37403

423.267.5383

www.firstthings.org

earning power
CHILDREN



happiness
stability

SAFETY

1 MARRIAGE IS GOOD FOR YOUR CHILDREN

Children feel more stable and settled living with their married parents and therefore are healthier, do better in school, are less likely to be involved in risky behaviors like drugs or sex, demonstrate less behavioral problems, and are less likely to be raised in poverty.

happiness
stability **PRODUCTIVITY**

security
earning power
sex
commitment



HEALTH
children
safety

2 MARRIAGE IS BETTER THAN JUST LIVING WITH SOMEONE

Living together often creates a volatile and unstable environment. Couples who live together report more conflict, more violence and lower levels of satisfaction and commitment. People who live together are generally less committed to the relationship.



3 MARRIAGE IS GOOD FOR YOUR SEX LIFE

Married couples report having better and more frequent sex than single people. Married couples are more faithful and committed, which leads to a safer, more satisfying sex life physically and emotionally.



4 MARRIAGE MAKES YOU HAPPIER

Although there are ups and downs in any relationship, married couples, over time, tend to experience more of the "ups" in life. They are less likely to suffer from depression or commit suicide.

5 MARRIAGE IS GOOD FOR YOUR POCKETBOOK

Married couples generally make more money over time. There is something about being married that encourages healthy, responsible, productive behavior and wealth accumulation. Men who are married tend to take the role of "provider" a little more seriously increasing their earning power by around 15 percent.

