

# Newzful

## Lifestyle

### Useful Facts: sample weekly email

1. **BUT IT MAKES ME CREATIVE!** Increasingly, science is confirming that altered states of consciousness — whether induced by drugs, alcohol, sleepiness, travel or anything else that removes us from our usual way of seeing the world — **do indeed improve creative thought.** (Source: Time Magazine)
2. **DO YOU TAKE THEE?** Barely half (51%) of all adults in the United States—a record low—are currently married, and the median age at first marriage has never been higher for brides (26.5 years) and grooms (28.7) half of all adults in the United States—a record low—are currently married, and the median age at first marriage has never been higher for brides (26.5 years) and grooms (28.7). **In 1960, 72% of all adults ages 18 and older were married.** (Source: Pew Research Center)
3. **WORKIN' THE DAYS AWAY** - 37% of non-retired Americans say they expect to retire after age 65, 26% at age 65, and 26% before age 65. This 37% is up from 22% a decade ago and 14% in 1995. (Source: The Gallup Poll)
4. **DIFFERENT STROKES** - 72% of Americans say that legal recognition of **same-sex marriage is "inevitable."** For the first time, just over half (51%) the public favors same-sex marriage, while 42% are opposed.(Source: Pew Research Center)
5. **LIFE WITH FATHER** - Fathers have nearly tripled the amount of time they spend with their children, from 2.5 hours in 1965 to 7.3 hours per week in 2011. (Source: Pew Research Center)
6. **SOME THINGS MONEY CAN'T BUY** - Most dads would prefer to either spend quality time with their families on Father's Day (40%) or receive no gift at all (22%). Gift cards were a distant third, at 13%. (Source: Ipsos)

7. **PUNCHING THE TIME CLOCK** - Men spend about 10 hours more a week than women in paid work. But women even that out because they spend about **six hours more than men doing household work**, plus they spend about three additional hours taking care of the children, bringing the total work time to 45.6 hours per week for men and 45.2 hours for women. (Source: Pew Research Center)
8. **LAZY BOYS** - Men spend more time than women – **about five hours more a week**– in leisure activities such as TV, playing games and sports. (Source: Pew Research Center)
9. **WORKING WOMEN** - A record 40% of all households with children under the age of 18 include mothers who are either the sole or primary source of income for the family. The share was just 11% in 1960. (Source: Pew Research Center)
10. **BRINGING HOME ALMOST HALF THE BACON** - Women make up almost of half (47%) of the U.S. labor force today, and the employment rate of married mothers with children has increased from **37% in 1968 to 65% in 2011**. (Source: US Census Bureau)
11. **IT'S A DOG'S LIFE** - Nearly three-quarters of U.S. households own pets. There are about 218 million pets in the United States, not counting several million fish. Americans spent approximately \$61.4 billion in total on their pets in 2011. On average, **each U.S. household spent just over \$500 per year on pets**. (Source: Bureau of Labor Statistics)
12. **THAT'S (P)INTERESTING!** 81% of US online customers trust information and advice from Pinterest. (Source: Blogher)

**QUOTE:**

*"Life is like riding a bicycle. To keep your balance, you must keep moving."*—  
Albert Einstein, physicist

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