Romantic couples with a large age gap often raise eyebrows. Studies have found partners with more than a ten-year gap in age experience social disapproval. But when it comes to our own relationships, both men and women prefer someone their own age, but are open to someone 10-15 years their junior or senior. While there is variation across cultures in the size of the difference in age-gap couples, all cultures demonstrate the age-gap couple phenomenon. In some non-Western countries, the average age gap is much larger than in Western countries. For example, in some African countries about 30% of

Some forms of martial arts, such as tai chi, place great emphasis on controlled breathing and meditation. These were strongly linked in one study with reduced feelings of stress, as well as being better able to manage stress when it is present in young to middle-aged adults. This effect has also been found in older adults – the 330 participants in this research had a mean age of 73 – too. After comparing a sedentary control group with a group of people doing karate, Italian researchers found that taking part in karate can improve a person's working memory. They used a test that involved recalling and repeating a series of numbers, both in the correct order and backwards, which increased in difficulty until the participant was unable to continue.