

Instead, sixty-five percent say they spend their time chatting on their mobiles and hanging out with their friends in shopping malls, ?* In the UK, pensioners are almost twice as active as ?teenagers, according to recent research. ?* According to the latest research by supermarkets, the average British family spends just eleven minutes preparing the main evening meal, and prefers 'ready meals' and takeaways to home-cooked food. However, ?surprisingly, people who use the Internet regularly do more sport than people who never use it. ?* The Swedes and Finns are the sportiest nationalities in Europe. The vast majority, eighty-five percent, ?regularly read newspapers, and fifty-four percent regularly read books. People over sixty-five spend nearly two hours a day doing physical activities such as walking, cycling, gardening or sport, while ?teenagers spend only seventy-five minutes. The latest research reveals that each day the average British employee spends fifty-five minutes chatting, sixteen minutes flirting, fourteen minutes surfing the Internet and nine minutes sending e-mails to friends! No wonder that the vast majority of working women in the UK say they are stressed and exhausted! The British ?watch more TV than any other nation in Europe, but they ?also read more