

How we really spend our time Time, it seems, is what we're all short of these days. The vast majority, eighty-five percent, regularly read newspapers, and fifty-four percent regularly read books. No wonder that the vast majority of working women in the UK say they are stressed and exhausted!\* 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 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!\* The average American fourteen-year-old spends only half an hour a day doing homework, and less than a fifth of young people participate in sports, clubs, music or other traditional hobbies.\* In the UK, pensioners are almost twice as active as teenagers, according to recent research. 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. Some of the results are startling.