

Health Trends

To Harbor Health, Let Your Ship Come In

(NAPSA)—A recent survey found that boaters are healthier and happier than their non-boating counterparts. The online survey was conducted with a random sample of 1,029 men and women selected to closely match U.S. population demographics.

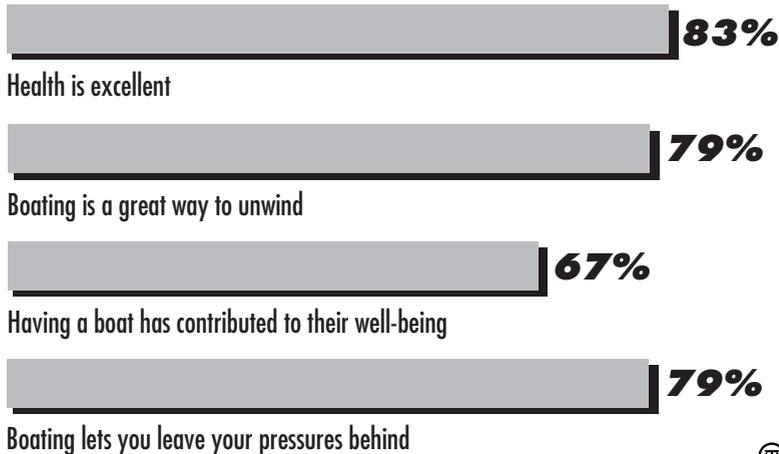
Boaters average nearly seven and a half hours per week in active recreation, compared to less than five and a half hours for non-boaters. Landlubbers have been hospitalized slightly more than boat owners (14 percent to 11 percent) and tend to be more overweight than their boating counterparts.

In addition to physical benefits, when asked about the overall quality of their lives, boat owners rated it about five percent better than did non-boat owners. Boat owners expressed greater satisfaction with their accomplishments, relations with their families and their ability to enjoy life. Non-boat owners are more prone to feeling useless, lonely, unhappy or excessively fatigued. Here are few of the findings:

- More boat owners said their health is excellent or good (83 percent) than did non-boat owners (77 percent).

- 67 percent of boat owners

Percentage of Boat Owners who Claim...



A new survey concluded that boaters are healthier and happier than non-boaters.

said having a boat has contributed to their well-being.

- Boat owners experience greater self-esteem (+10 percent) and ability to enjoy life (+9 percent).

- Non-boat owners are more prone to feeling useless (+8 percent), lonely (+7 percent) unhappy (+5 percent) and fatigued (+4 percent).

- Nearly two-thirds of boat owners said owning a boat has

brought their family closer.

Most boat owners said the benefits of owning a boat include being able to unwind. In fact, most said boating helps them leave pressures behind (79 percent), find tranquility (71 percent) and feel a sense of freedom (53 percent).

To find out more about boating or to read the entire survey, go to www.discoverboating.com.