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## Children cause fewer dates, finds Growthtrac marriage survey

**CHICAGO, IL. (PRWEB) October 14, 2009** — Chicago, IL (PRWEB) October 14, 2009 -- Married couples aren't getting out — away from the kids — as often as they should. In fact, in a recent Growthtrac survey of 1,000 married couples, 78 percent said that they had not been on a date night together in the last six months.

"Life is crazy and we tend to prioritize other things. But married couples need weekly time away to reconnect, revive and refocus on each other. The goal isn't about spending money ... it is about spending time. But to do a date night well, couples need to be strategic and plan it. We can help with that, and it doesn't cost anything," says Jim Mueller, president of Growthtrac, a non-profit Christian ministry that impacts more than 500,000 marriages annually by providing innovative, online resources at [www.growthtrac.com](http://www.growthtrac.com)

This week, Growthtrac added an exciting **DATE NIGHT** channel ([www.growthtrac.com/date-night](http://www.growthtrac.com/date-night)) to its unprecedented base of online resources. At no cost, Growthtrac's new **DATE NIGHT** channel will give couples the inspiration — and the push — they need to prioritize a weekly date night.

Growthtrac's new **DATE NIGHT** channel, which is updated every Wednesday, features a variety of practical, affordable, romantic and fun suggestions to get things started. Additionally, couples will have access to step-by-step planning resources and online discussion forums to share ideas.

To celebrate the **DATE NIGHT** channel launch, Growthtrac also announced a "Win a Date Contest" offering couples the opportunity to share their favorite date ideas, and possibly win a free \$50 American Express gift card for their next date night.

"Our world cannot settle simply for 'good' marriages. Left without guidance and resources, the natural progression most married couples will take is to drift apart," said Mueller. "Marriages can and must grow into GREAT marriages. With the right support, strength and resources, every marriage can become the exhilarating, rich union that God intended. Those marriages can change the world, and that's our passion."

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### About Growthtrac Ministries:

Founded by Jim and Sheri Mueller, Growthtrac is a non-profit that strengthens marriages by providing life-changing, Christ-centered resources through innovative online media. Growthtrac enjoys a significant web presence at [Growthtrac.com](http://Growthtrac.com), currently touching 30,000 marriages in 129 countries monthly. Featuring more than 4,000 pages of high-impact marriage content, including exclusive interviews, articles, and discussion forums, Growthtrac.com delivers A-list content from best-of-the-best relationship experts. Additionally, Growthtrac delivers 24-7, innovative marriage programming on its popular Christian-AC streamed radio station, [Growthtrac Radio](http://Growthtrac Radio).

**MEDIA NOTE: For more information about Growthtrac or to arrange an interview, contact Jim Mueller, [jmueller@growthtrac.com](mailto:jmueller@growthtrac.com) or at 847-458-6266.**