

**Latest Headlines**

- ▶ [Global Warming is the Greatest in Past Decade](#) (1 min ago)
- ▶ [Chris Martin Reveals His Passion for Tattoos](#) (8 min ago)
- ▶ [Expert Offers Tips for Calming Anxiety Related to Hurricanes](#) (20 min ago)
- ▶ [Harvard Offers Tips to Boost Your Heart Rate Without Going to the Gym](#) (34 min ago)
- ▶ [Report Says Beijing Fights 'Battle of the Bulge' With Extra PE Classes](#) (50 min ago)
- ▶ [Health of Diabetics at Risk During Ramadan](#) (53 min ago)
- ▶ [Blockbuster Videogame 'inspires' Thai Youngster to Murder and Robbery, Sales Halted](#) (1 hr ago)

[All Latest News](#)
**News - Quick Links**

- ▶ [News Central](#)
- ▶ [Latest Health News](#)
- ▶ [News Category](#)
- ▶ [Popular News](#)
- ▶ [Health News and Press Release](#)

**Special Reports**

- ▶ [Health Watch](#)
- ▶ [Health In Focus](#)
- ▶ [Breaking Health News](#)
- ▶ [Celebrating Life](#)
- ▶ [Medindia - Exclusive](#)
- ▶ [India Special](#)
- ▶ [Lifestyle and Wellness](#)

**Popular News Topics**
**General Health News**
 [Subscribe](#)
**Fon**

Posted online: Thursday, August 28, 2008 at 2:35:04 PM

**More News on:** [Health Hazards of Smoking](#), [Smoking And Cancer](#), [Smoking And Tobacco](#), [Activity Calorie Calculator](#), [Smoking Risk](#)
 [Email](#)  [RSS Feeds](#)  [Print](#)  [Save](#)  [Link](#)  [Syndicate](#)  [Comm](#)
**Increased Physical Activity Linked to Decreased Tobacco Consumption**


A new study suggests that physically active adolescents are less likely to smoke than their non-active counterparts.

In a study involving 3,000 Spanish adolescents, Professors Pablo Tercedor, Palma Chillor and Manuel Delgado, from University of Granada, found that adolescents, who play a sport or practice any physical activity, smoke less than their non-active counterparts. The survey showed that 59.2 per cent of the active subjects said that they did not smoke, compared to 46.7 per cent of the non-active adolescents.

The participants were given a questionnaire to know their habits. The survey showed that 59.2 per cent of the active subjects said that they did not smoke, compared to 46.7 per cent of the non-active adolescents.

It revealed that 59.2 per cent of the adolescents were physically active, with 71.1 per cent of the boys and 46.7 per cent of the girls.

Moreover, 15 per cent of the adolescents were regular smokers, slightly more girls than boys.

Scientists suggest that the importance of adopting measures to promote the practice of physical activity and eradicate tobacco consumption, as it has been proved that physical activity, diet and tobacco and alcohol consumption are the main factors that influence health.

[AIDS/HIV News](#)  
[Alcohol & Drug Abuse News](#)  
[Alternative Medicine News](#)  
[Anti-Aging News](#)  
[Bird Flu News](#)  
[Cancer News](#)  
[Celebrity Health News](#)  
[Chikungunya News](#)  
[Child Health News](#)

**400+ News Categories**

Ads by Google

### **How To Quit Smoking**

Free Information About  
Hazards Of Smoking &  
How To Quit Smoking

[Healthline.com](http://Healthline.com)

V V

consumption are related to obesity, dia  
coronary disease, osteoporosis and cancer

The study is published in the journal Nu  
Hospitalaria.

Source-ANI

SRM

### **Quit Smoking**

Measure your nicotine  
intake Feel good as you  
quit Tobacalert™

[tobacalert.com](http://tobacalert.com)

### **10 Rules for Stomach**

#### **Fat**

Shed 9 Pounds Every 11  
Days With these 10  
Foolproof Rules

[www.FatLoss4Idiots.com](http://www.FatLoss4Idiots.com)

### **Invest in Agriculture**

#### **Now**

4 Ways To Invest And  
Profit – Plus 1 "Secret"  
Ag Pick. Free Report.

[DailyWealth.com/Agriculture\\_Rep](http://DailyWealth.com/Agriculture_Rep)

### **Prollenium Dermal**

#### **Fillers**

Revanesse, Revanese  
Ultra, ReDexis Cross  
linked hyaluronic acid.

[www.revanesse.com](http://www.revanesse.com)



[Post your Comments](#)

[◀ Previous News](#)

[Next News ▶](#)

### **Related Links**

#### **Medindia on Health Hazards of Smoking**

Smoking is associated with significant morbidity and mortality. Sm  
still remains one of the leading cause of preventable death. Smoking  
the dubious distinction of affecting all the systems from head to foot.

[Read M](#)

#### **For More Information**

[Lung Cancer](#)

[Smoking Risk Calculator](#)

[Alcohol Abuse](#)