



Your Health First!

[My Health](#)[News](#)[Eat Healthy](#)[Diseases & Symptoms](#)[Forums](#)[More..](#)Last Updated: Tuesday 2 September 2008 09:42 GMT | [\[Write for us\]](#)[Doctor Who - The Seeds Of Death](#)[PriceMinister \(Zanox\)](#)

Description Best De:

Doctor Who - The S

[Home](#)

Sporting Curbs Tobacco Consumption

by [Jyoti Pal](#)

Published on August 27, 2008 - 0 com



Eliminate Cigarette Odor

Vamoose! Removes Cigarette and Tobacco Odor

www.vamooseproducts.com

How To Quit Smoking

Free Information About Hazards Of Smoking & How To Quit Smoking

Healthline.com

University Students

Special Deals Only for Students. Shop Online at StudentUniverse.com

www.StudentUniverse.com

Ads by Google

Physically active and sporting adolescents are less likely to sm than their non-active and sluggish counterparts, a new Spanish study reports.

Basing its results on a sample [survey](#) of nearly 3,000 adolesce the study is the first to link sporting activities with tobacco consumption.

For the study, the researchers at the University of Granada in association with the researchers at the Spanish National Resea Council, the Universities of Murcia, Zaragoza and Cantabria an the Nuestra Senora de la Consolacion School of Granada surve 3,000 students aged between 13 and 18 years.

A questionnaire seeking their habits was filled in by each participant. An amazing 80.9 percent of the Spanish adolescen who practiced a game did not smoke, as compared to 71.4 percent of the non-active adolescents, researchers found.

However unfortunately, more than 40 pct of the adolescents di not indulge in any form of physical activity, the study found.

Among those into regular sporting, researchers noticed a hefty gender disparity - almost 7.1 percent of the boys were physica active as against 46.7 percent of the girls.

slightly more girls than boys.

Moreover, 15 percent of the adolescents were regular smokers

The results of the study feature in the current issue of the journal Nutricion Hospitalaria.

As lack of physical activity is already known to have significant links with a majority of health problems ranging from obesity, [diabetes](#), coronary disease, osteoporosis and cancer^{define}, the results of the curren study further suggests the importance of adopting and practicing physical activity, researchers averred.