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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 Chillon, and Manuel Delgado, from University of Granada found that adolescents, who play a sport do not smoke usually, and more than 40 pct of the adolescents aged between 13 and 18 do not practice any physical activity.

The participants were given a questionnaire to know their habits. The survey showed that 80.9 per cent of the active subjects said that they do not smoke, compared to 71.4pct of the non-active adolescents.

It revealed that 59.2pct of the adolescents were physically active, with 71.1 pct of the boys as against 46.7 pct of the girls.

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

Scientists suggests that the importance of adopting measures to promote the practice of physical activity and eradicate tobacco consumption, as it has been proved how physical activity, diet and tobacco and alcohol consumption are related to obesity, diabetes, coronary disease, osteoporosis and cancer.

The study is published in the journal Nutricion Hospitalaria. (ANI)

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