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

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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.

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Free Information About Hazards Of Smoking & How To Quit Smoking
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Information on cancer risk factors including age, genetics and more.
[yourtotalhealth.livillage.com](#)

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The New York Times has articles on nicotine, cancer and other topics
[www.nytimes.com](#)

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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.

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

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