

Ads

Ads by Google

Ebook-Diabetes Research

Microcirculation & Insulin Resistance, Buy & Download PDF
www.bentham.org/ebook

New cardio health program

indoorwalking instructors education Weight management revolution
www.indoorwalking.net

LDLT Atlas Book

Kyoto University's LDLT techniques explained in a step-to-step fashion
www.prous.com

UK Weight Loss Camp

Britain's most successful kids camp With expert Professor Paul Gately
www.carnegieweightmanager

Castillos Para Bodas

Granada: Castillos Para Bodas en Granada con ofertas excelsivas
bodaclick.com/Granada/Castil

Random image



RSS Feeds



Navigation

► [Feed aggregator](#)

User login

Username: *

Password: *

You are here: Children in good shape have better appetite control and energy expenditure

Children in good shape have better appetite control and energy expenditure

Submitted by editor on July 18, 2010 - 10:36



The University of Granada studied how fitness and physical activity in adolescents may affect their levels of insulin and leptin, by using for the first time in Europe a standardized method. To carry out this study, researchers analysed a sample of 3,800 European adolescents aged between 12.5 and 17.5.

This study is based on a large study conducted by a number of research centres, called HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescents), funded by the European Union and developed in 10 cities in 9 European countries, to include Spain.

Nutritional Status

In both projects, the purpose was to analyze the nutritional status and lifestyle of adolescents, including aspects such as physical activity, fitness and hormonal profile, among others.

Scientists suggest that it is likely that the mechanism by which fitness and physical activity may affect insulin and leptin levels in adolescents is associated to the metabolic effects of physical activity and low fat levels.

The results obtained in this study also confirmed that intense physical activity and high fitness levels in adolescents are related to lower fat body levels in children and adolescents.

This research was conducted by David Jiménez Pavón, Department of Physiology, University of Granada, and led by Manuel J. Castillo Garzón, Jonatan Ruiz Ruiz and Marcela González Gross.

###

References:

Jiménez-Pavón D, Kelly J, Reilly JJ. Associations between objectively measured habitual physical

Ads



CAPTCHA

This question is for testing whether you are a human visitor and to prevent automated spam submissions.

Enter the missing character from the following word: *

work_orce:

- [Create new account](#)
- [Request new password](#)

Connect
Sign in using Facebook

activity and adiposity in children and adolescents: Systematic review. *Int J Pediatr Obes.* 2009 Jun 26:1-16.

Jiménez-Pavón D, Ruiz JR, Ortega FB, Artero EG, España-Romero V, Castro-Piñero J, Gutiérrez A, Castillo MJ. Physical activity, fitness and fatness in children and adolescents. En: *Epidemiology of Obesity in Children and Adolescents Prevalence and Aetiology.* Coord: Luis Moreno Aznar. Ed: Springer International, Nueva York. In press.

Jiménez-Pavón D, Castillo MJ, Moreno L, Kafatos A, Manios Y, Kondaki K, Béghin L, Zaccaria M, De Henauw S, Widhalm K, Molnár D, Sjöström M, González-Gross M, Ruiz JR. Fitness and fatness are independently associated with markers of insulin resistance in European adolescents; The HELENA Study. Submitted.

Jiménez-Pavón D, Ortega FB, Artero EG, Vicente-Rodríguez G, Huybrechts I, Moreno LA, Manios Y, Béghin L, Polito A, De Henauw S, Sjöström M, Castillo MJ, González-Gross M, Ruiz JR. Physical activity, fitness and serum leptin concentrations in adolescents: The HELENA Study. Submitted.

Contact:

David Jiménez Pavón. Department of Physiology, University of Granada. E-mail: davidjimenez@ugr.es. Mobile: +34 667 78 86 02

Accessible on English version

Accesible en Versión española

Accessible sur le site Version française

<

Source: EurekAlert!

Admissions Open



Post Graduate Certificate in Research & Data Analytics Available at major cities in India

Also at Dubai & Sharjah

Call: 011-46076571

HughesNet | GLOBAL EDUCATION

