

Get the next generation of Smileys!

((Now with Sound!))

Smiley Central

Click here!



Free



Play



Free

DailyIndia.com

Your daily news source for India and more

Channels

Home

National

World

Business

Sports

Cricket

Entertainment

Health

Science

Bollywood

Voices

Geekwerks

People

Aishwarya Rai

Salman Khan

More Celebs

India Blogs

Resources

About India

by City

by State

Travel Guide

Indian Recipes

India Twits

Indian Jobs



'Physically fit teens have better appetite control and energy expenditure'

From ANI

Washington, July 16: A research reveals that children in good shape have better appetite control and energy expenditure.



The study conducted at the Department of Physiology of the University of Granada revealed that physically fit adolescents aged 12-17 present increased levels of insulin and leptin.

Insulin and leptin are hormones involved in the development of diabetes, appetite control and energy expenditure.

The study analysed the nutritional status and lifestyle of adolescents, including aspects such as physical activity, fitness and hormonal profile, among others.

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

Copyright Asian News International/DailyIndia.com

Currently trending: Cricket, Shahid Afridi, Lindsay Lohan, Mel Gibson, Tiger Woods, Bollywood, David Beckham, Michael Clarke, Wayne Rooney, Lady Gaga

Share it:



Related News

Most Popular Stories

Related News

- Depression does make the whole world seem dull and gloomy
- Artificial colours in kids' food linked to cancer risk
- Public health campaigns do not help obese: Study
- Taking a gentle stroll for just 30mins daily is the key to longer life
- Gulf spill can affect children emotionally, says expert
- Eggs could cut heart defects during prenatal development

Breaking News

• Pak team may replace Kaneria with Ajmal for Headingley Test against Australia

• Pakistan team will bounce back in Headingley Test: Waqar

• North wants to chip in with bat before ball

• Butt did not expect Afridi to retire, but pleads for patience

• Marcus North learning to cope with scrutiny

• Paris Hilton's topless yachting in Italy

• Golfer Greg Norman's sister calls his ex-wife Evert 'dominating'

• Depression does make the whole world seem dull and gloomy

• Arms and ammunitions recovered from militant hideout in Poonch

• North, Watson Lords performance shows depth of Oz Test attack: Ponting