

Physical Fitness Helps Teenagers to Have Better Appetite Control and Energy Expenditure

by [Rathi Manohar](#) on July 17, 2010 at 3:46 PM

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Teenagers who are physically fit have better control over their appetites 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.

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

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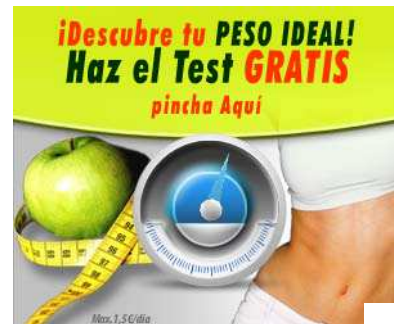
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The study analysed the nutritional status and [lifestyle](#) of adolescents, including aspects such as physical activity, fitness and hormonal profile, among others.

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.

Source-ANI

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