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Physically fit teens have more appetite control

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 Physically fit teens have more appetite control
 (Getty Images)

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.

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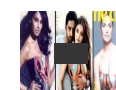
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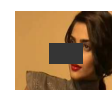
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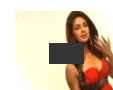
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