



Best Syndication

Web www.bestsyndication.com



News Nation - World Business Entertainment Health Home - Leisure Science - Tech Sports RSS Feeds

Ads by Google
[Diet Exercise](#)
[Osteoporosis](#)
[Home Exercise](#)



Navigation »

- Latest News RSS Feeds
- site map
- About
- Calendar

»

68

Share This

Subscribe to our news
 Enter your email address:



find us on facebook



Home

[Ads by Google](#) [Diet Fitness](#) [Diet Study](#) [Teenagers](#) [Exercise TV](#)

TEENAGERS NEED EXERCISE TO BUILD STRONG BONES »



Submitted by Marsha Quinn on November 18, 2012 - 10:47pm. [Child Health](#) | [Diet and Fitness](#) | [Exercise](#) | [Health](#) | [News](#)

(Best Syndication News) - Sedentary teenagers are at an increased risk for low bone-mineral density and developing osteoporosis later in life, according to a new study published in PubMed.

Researchers studied both adolescent boys and girls and found that different sedentary activities put them at the greatest risk for thin bones. Studying put girls at the greatest risk for low bone density, while boys were at the greatest risk because of leisure Internet use. Girls bone density could be improved by participating in a minimum of three hours of sports, such as football, basketball, netball, or running.



Dr. Luis Gracia Marco of the University of Exeter explained that girls still need to study, but their research has demonstrated the effects that sedentary behavior has on bone health.

Marco studied 359 Spanish adolescents who participated in the Healthy Lifestyle in Europe by Nutrition in Adolescence Study. Scientists from University of Zaragoza, the University of Granada, the Spanish National Research Council (CSIC), and the University of São Paulo, Brazil worked together on this study.

The femoral neck region of the hip was measured for bone mineral density. This area is important for determining signs of osteoporosis. The researchers compared the activities of sitting, watching TV, or playing computer games to see if there was an

association with low bone mineral content.

The researchers found that girls who were sitting at a desk had an associated risk. They found that the girls who spent at least three hours a week in upright high-intensity sports were at a significantly reduced risk for low bone density. In the adolescent boys, those who spent the most time on Internet leisure activities were at a higher risk for reduced bone mineral content through the whole body.

Dr. Marco said that more research is needed to determine why boys and girls differed in how the low bone density occurred.

By: Marsha Quinn
 Health Reporter

ref: 1

[f](#) [t](#) [p](#) [d](#)



»

Important: The material on Best Syndication is for informational purposes only and is not meant to be advice. Authors may have or will receive monetary compensation from the company's product/s mentioned. You should always seek professional advice before making any legal, financial or medical decisions and this website cannot substitute or substitute any trained professional consultation. Use of this site means that you agree to our [TERMS OF SERVICE](#)

Advertise On This Site

Copyright © 2006-2012 By Best Syndication All Rights Reserved



Searching for 20121118_Ic

1. [Looking for](#)
 Top answers for 20121118.
www.InternetCorkBoard.com

2. [Searching for](#)
 Get local answers for 20121118.
www.Answared-Questions.com

3. [20121118_low_bone](#) [20121118_low_bone_dens](#)
 Get local answers for 20121118_low_bone_dens.
www.Answared-Questions.com

