

Regular physical activity in early childhood keeps kids active later in life

Parents often complain that their young kids are bouncing off the walls, but new research recently published in the Journal of Physical Activity & Health points to the importance of regular physical activity for young children.

Researchers in South Carolina found that as girls aged their vigorous activity declined- while 45.4 percent of eighth grade girls participate in vigorous physical activity, such as biking, running and organized sports, by twelfth grade only 34.1 percent remain active. This said, girls who were active during early childhood were more likely to remain physical active as they aged.⁵

⁵ Pate RR, Dowda M, O'Neill JR, Ward DS. (2006). *Change in Physical Activity Participation Among Adolescent Girls from 8th to 12th Grade. Journal of Physical Activity & Healthy, 4.*

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