



Youngsters Lack Exercise

International Chiropractic Pediatric Association

According to a report in the British Journal of Sports Medicine, many children are not getting enough exercise - setting them up for heart disease, cancer, diabetes and other conditions. This problem is especially rampant in girls.

Researchers assessed the activity levels of 786 elementary school students, aged 7 to 9 years, in Dublin. Findings revealed that 24% of girls and 14% of boys engaged in less than the minimal level of activity recommended by health agencies to prevent cardiovascular disease.

Findings also revealed that 60% of children spend up to 3 hours a day watching television and 18% spend more than 3 hours a day "in front of the screen."

Hussey J, Gormley J, Bell C Physical activity in Dublin children aged 7-9 years Br J Sports Med 2001 (Aug); 35 (4): 268-272; discussion 273

Kids with Arthritis need Exercise

Children with juvenile arthritis (a form of rheumatoid arthritis) benefit from exercise, according to a University of Buffalo study presented yesterday at the American College of Rheumatology's annual meeting in Boston, Massachusetts.

The ongoing study enrolled 11 children with juvenile arthritis and 13 arthritis-free youngsters. Half of the children took part in an eight-week resistance training regime, while half served as controls. According to the report, children with juvenile arthritis who exercised boosted their ability to function by an average of 32% - and by as much as 200%. Exercise also reduced pain and medication use - and increased strength and endurance.

V Velazquez, N M Fisher, J T Venkatraman, K M O'Neil The effect of a lower extremity resistance exercise rehabilitation program on tnfa and tnf receptors in juvenile arthritis. The American College of Rheumatology 63rd annual scientific meeting- November 15, 1999