

It is well known that having good physical fitness lowers risks for a number of health problems. But now,

Staying physically fit is an important value to instill in young people, not only because it creates healthy

For example, a recent study suggested exercising when young helps bones to grow big and strong for life.

The researchers of this latest study, led by Mark D. Peterson, research assistant professor at the University of

To delve further, the investigators examined the impact of muscle strength in sixth grade boys and girls.

In total, they assessed health data for more than 1,400 children between the ages of 10 and 12 years old.

'Muscle strength equally important in children's cardiometabolic health'

The data come from the Cardiovascular Health Intervention Program, which is a study of sixth graders from

Using a standardized handgrip strength assessment - recently recommended by the Institute of Medicine

Additionally, the participants' cardiorespiratory fitness was measured. This is how well the body is able to

Results showed that the adolescents with greater strength-to-body-mass ratios had "significantly" lower

Commenting on their findings, Peterson says:

"It's a widely held belief that BMI [body mass index], sedentary behaviors and low cardiovascular fitness

Peterson's colleague, Prof. Paul M. Gordon, from Baylor University in Texas, suggests that strengthening

The team notes that stronger kids also tended to have a lower BMI, lower body fat percentage, smaller v

"The stronger you are relative to your body mass, the healthier you are," Peterson says.

"Exercise, sports and even recreational activity that supports early muscular strength acquisition, should

Written by Marie Ellis

References:

[Strength Capacity and Cardiometabolic Risk Clustering in Adolescents](#) , Mark D. Peterson, Ph.D., M.D., M.P.H.

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[Medical News Today](#)