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It is claimed the amount of exercise children do starts to decline when they are as young as seven. Researchers at the University of Strathclyde tracked the activity levels of more than 400 girls and boys over an eight-year period, up to the age of 15. Jane Dreaper has more. Children are supposed to be active for an hour every day, but most youngsters don't get enough exercise, and this study suggests bad habits start at an earlier age. More than 400 children from Gateshead war and activity monitor for a week at a time. Their exercise levels were measured at the ages of seven, nine, 12 and 15. Physical activity dropped off from the age of seven onwards in boys and girls. The orthodox view is that this adolescent decline is not only something which happens at adolescence, so it coincides with puberty or with transition to high school, but also it is something that particularly affects girls. And our study shows that that is clearly not the case. I think what that means in terms of public health programmes as programmes and policies and practices all have to focus much earlier. Probably around about the time children go to school. Too much time looking at screens and sitting down is storing up health problems for the future, according to public health England. It is campaigning to try and change the fact that one in five children leaves primary school obese.