**BBC 2 Radio**

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a long-term study of children in the north-east of England suggested levels of physical activity start declining as early as

The age of 7 the researchers say their work challengers previous thinking that teenagers should be the main focus their efforts to boost exercise the report's author Professor John Reilly says public health officials would have to change their approach programs and policies and practices all have to focus much earlier probably around at the time children go to school we have to be aware that it will be quite prone to the activity levels declining animate time they spend sitting will increase from around the time they go to school so we have to focus much earlier in life much more but that young children are much less art lessons