**BBC Radio 3**

03/14/2017 08:02:47 AM

* [BBC Radio 3](https://scout.tveyes.com/) /

* [U.K. National Radio](https://scout.tveyes.com/)

a long-term study of children in the north-east of england suggests that levels of physical activity start declining as early as 7 years old the study challengers previous thinking that teenage girls should be the main focus of efforts to boost exercise among young people