**BBC Radio 4**

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 a long-term study of children in the North East of England suggest that levels of physical activity start declining as early as 7 years old are health correspondent Jane Draper has more details this study involved more than 400 children from the north-east of England who wore an activity monitor for a week at a time that exercise levels were measured at the ages of 7 9 12 and 15 the researchers found that physical activity dropped off from the age of 7 onwards in both boys and girls writing in the British Journal of sports medicine they said this challenge prevailing view

hat efforts to encourage exercise should focus on teenage girls the leader also called on schools to become more active environments