**BBC Radio Asia**

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

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

 its claim the amount of exercise children do start to decline when they're as young as 7 researchers at the university of strathclyde track the activity levels of more than 400 girls and boys over an 8 year period up to the age of 15 president riley led the study the orthodox view is that this adolescent decline is not only something which happens a lesson so coincides with puberty or worth transition to high-school but also something that article fx girls in our study shows that is clearly not the case of what it means in terms of public health programs as programmes and policies and practices all have to focus much earlier public around at the time children go to school we have to be aware that that will be quite prone to the activity levels declining animal time they spend sitting will increase from around the time they go to school