**BBC World Service Radio**

03/14/2017 10:39:59 AM

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

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

child development as a widely held an influential view that physical activity begins to decline at adolescence teenagers sitting in their rooms not so new reports in the british journal of sports medicine says that exercise levels decline long before children get into their teenage years iii spoke to john ryley professor of physical activity and public health science at the university of strathclyde in scotland he told me more about the study we had the children or adolescents as the became we're activity monitor these small devices will black boxes which war on waste belts big was a very accurate measure of both of the amount of time children spend in 7 and under my time span moving around on the wall these for a week but for a different time points all it used would make a guess that the reason the children stop exercising is because they get distracted by all the things they

can do with electronics on screens but 7 seems early it is about getting out there and think good guesses a good one what we found was that although the report today pakistan the physical activity of exercise the children doing the flipside this is what do we do less of a modern more jobs so we would do more setting these devices that the wing was good measure 7 we know that but ichiro each extra yuan of spending an extra 20 minutes sitting down on a high proportion of that is that in turn will be in front of screens and that's effectively as they get older that displaces physical activity so the overall movement became spent moving declining by about 20 minutes that screen time as increasing by about 20 minutes so one is a mirror image of the other think the issues just what you highlight of which is that though some a number of very attractive screen best ways of spending time these days which did not exist when i was we know this is not a good thing what's to be done professor

the biggest is not that straightforward done i'm a volatile teenage boys analyse her appealing screentime most of them as well i-i-i think as a couple of things firstly iii would say that we ignore the in childhood and adolescence have been no doris is an important determinant of physical activity it's knocking on doors you colin will be more active obviously take mobile but nonetheless own time is generally much more active than indoor time and i think the key probably is going to have a licence oh whoops more often and keita that maybe to create greater awareness of the fact that own door time is probably a bit safer than people generally perceived and also indoor time is a lot less safe than appearance and the general public generally perceived as a possible new risks of online dangers and so on so so i think the key is getting children no more both school and and all that is professor john wright the from strathclyde and got

on from the university