**[Sky News With Colin Brazier](https://scout.tveyes.com/)**

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* [Sky News](https://scout.tveyes.com/) /

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

Teenagers are often labelled "couch potatoes", but a new study suggests physical activity may actually begin to tail off in children as young as seven. The research published in the British Journal of Sports Medicine found declines in exercise levels were no

steeper during adolescence than in earlier childhood.