**[Sunrise With Sarah-Jane Mee](https://scout.tveyes.com/)**

03/14/2017 06:01:14 AM

* [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 in add less sense than in early childhood.