

School Based Physical Activity Has Benefits Even If It Doesn't Help Lose Weight

A recent article in the on-line journal ScienceDaily states:

ScienceDaily (Jan. 20, 2009) — School-based health and exercise programs have positive outcomes despite having little effect on children's weight or the amount of exercise they do outside of school, say Cochrane Researchers who carried out a systematic review of studies on physical activity programs in schools.

For the entire article go to:

<http://www.sciencedaily.com/releases/2009/01/090120204919.htm>