Exercise Is Less Likely to Help Black Girls Control Weight

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Working out seems less likely to prevent obesity among teenageAfrican-American girls than their white peers, according to a study publishedin the Archives of Pediatric and Adolescent Medicine and reported by HealthDay News.

For the study, researchers at the University of Bristol inEngland examined data from 538 black girls and 610 white girls participating inthe long-running National Heart, Lung and Blood Institute Growth and HealthStudy. Scientists looked at factors associated with obesity and heart diseaserisk factors and measured physical activity, height, weight, body-mass index(height to weight ratio) and daily calorie intake.

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http://beta.docker.realhealthmag.com/article/Exercise-and-Obesity-22538-1253