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» Journal Abstract

Physical exercise, physical fitness, nutritional patterns and tobacco and alcohol consumption in a population of young Spanish people

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For a group of young people of the Autonomous Community of Extremadura (Spain), we analyse the proportions of those who perform some physical exercise and the level of physical fitness, as well as the relationship of these two parameters with the development of harmful habits (tobacco and alcohol consumption), anthropometric characteristics, and nutritional patterns. Our results show that only a relatively small fraction of the youngsters (21.3%) do regular physical exercise. The sedentarism was higher ($P < 0.05$) in girls (37.1% of the girls vs. 8.0% of the boys). The boys with the greatest aerobic capacity showed significantly ($P < 0.01$) lower index of adiposity. Those boys and girls with the greatest aerobic capacity showed the healthiest eating patterns, with a greater consumption ($P < 0.05$) of cereals and fruit and less ($P < 0.05$) intake in the form of snacks than their less fit classmates. The youngsters who were sedentary smoked more ($P < 0.01$) than those who were active. In conclusion our results emphasize the need to stimulate in youth, the regular practice of some sport or physical exercise, to obtain the benefits of the physical activity itself and furthermore obtaining a healthy nutrition patterns and avoiding some harmful habits as tobacco and alcohol consumption.

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