

Daily walks to school a heart boost

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Walking to school protects children from heart problems and high blood pressure as adults, scientists reveal.

The pulse of 10 to 14-year-olds who had walked to school jumped three beats per minute when stressed, that of children who had been driven rose 11 beats.

Lowering of sudden stress on the heart helps prevent problems developing later.

James Roemmich, of the University of Buffalo, who lead the study, said: "The cardiovascular disease process begins in childhood, so if we can find some way of stopping or slowing that process, it would provide an important health benefit.

"We know physical activity has a protective effect."

He said children should be encouraged to exercise during school break times.

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