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UK NEWS

WALK TO SCHOOL 'LESSENS CHANCE OF HEART ATTACK'



Walking to school could lessen chance of heart attack in later life, scientists have found

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Thursday August 12, 2010

By Sarah O'Grady

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CHILDREN who walk to school could cut their chances of a heart attack in later life, scientists have found

They show lower stress levels and smaller rises in blood pressure, and heart rate while taking an exam than children who are driven.

Changes in heart rate and blood pressure due to stress is linked to heart disease in children and the dangerous build-up of cholesterol, calcium, fat and other

substances in artery walls among adults.

Professor James Roemmich, who led the study at the University at Buffalo in the US, said: "If a child walked or biked, it would put them in a protective state against causes of stress they face during the school day."

The study, published in the journal *Medicine & Science in Sports and Exercise*, examined 20 boys and 20 girls aged between 10 and 14.

Half sat in a chair and watched a slide show of being driven to school. The other half walked a mile on a treadmill.

The rise in blood pressure was more than three times higher and the change in stress twice as high among those who did not walk.

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