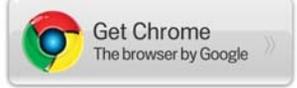


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SEPTEMBER 8, 2010

## Kids stressed out by school should take a walk



If your morning ritual includes packing the kids in the car and driving them to school, you might want to consider changing up the routine.

Consider walking them instead. A short morning walk to school could reduce kid stress levels during the school day, according to a study by the University of Buffalo.

The researchers, led by James Roemmich, had some 10 to 14-year-old school children walk on a treadmill while watching a video of what they might see on the way to school. Others did not walk, but watched the same video.

They then were given an exam that would typically raise stress levels. The walkers showed less stress than those who didn't walk.

It is unclear how long the affects of the walk on stress last - a couple of hours or all day. So the researchers said kids should get bits of physical activity throughout the day, such as during recess.

The study found that the walk curbs increases in heart rate, blood pressure and other factors that could lead to cardiovascular disease later in life.

Posted by **Andrea Walker** at 11:33 AM | [Permalink](#) | [Comments \(0\)](#)

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### About Picture of Health



**Kelly Brewington** came to the health beat a year ago after covering everything from education and government to race and immigration in her 11 years as a reporter. Since then, she has tackled stories on autism, heart failure and

acupuncture used to treat drug addiction. She's been fascinated by medicine since childhood, when her doctor dad and nurse mom gave her Gray's Anatomy coloring book to play with. She also blames her early exposure to the field of medicine for her hypochondria.

**Meredith Cohn** has been a reporter since 1991, covering everything from politics and airlines to the environment and medicine. A runner since junior high and a particular eater for almost as long, she tries to keep up on health and fitness trends. Her aim is to bring you the latest news and information from the local and national medical and wellness communities.

**Andrea K. Walker** knows it's weird to some people, but she has a fascination with fitness, diseases, medicine and other health-related topics. She subscribes to a variety of health and fitness magazines and becomes easily engrossed in the latest research in health and science. An exercise fanatic, she's probably tried just about every fitness activity there is. Her favorites are running, yoga and kickboxing. So it is probably fitting that she has been assigned to cover the business of healthcare and to become a regular contributor to this blog. Andrea has been at The Sun for nearly 10 years, covering manufacturing, retail, airlines and small and minority business. She looks forward to telling readers about the latest health news.

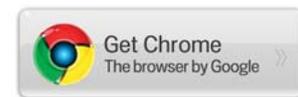
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