

# Study: Exercise during teens reaps long-term benefits for women

By Patricia Reaney, Washington Post

Playing team sports and exercising during adolescence can have long-lasting benefits for women and may even reduce their risk of dying from cancer and other causes later in life, a new study showed last week.

Researchers who analyzed how often women exercised while in their teens found that being active for just 1.3 hours a week had a positive impact as they got older.

“The main finding is that exercise during adolescence is associated with a reduced risk of mortality, or death, in middle-aged to older women,” Sarah J. Nechuta, an assistant professor of medicine at Vanderbilt Epidemiology Center and Vanderbilt-Ingram Cancer Center in Nashville, said in an interview.

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