



Physical exercise – generating exclusively benefits?

The primary aim of this project is to investigate the health benefits of physical exercise in adolescents with focus on the immune system and the cardiovascular system. The secondary aim is to investigate the effect of lack of exercise on the immune system and the cardiovascular system in adolescents. The project will start in autumn of 2013 and include 100 healthy adolescents between 13 – 19 years of age. Fifty percent (n=50) will be recruited from an orienteering club, constituting a trained group. Fifty percent (n=50) will be recruited from schools within the same area and constitute a control (sedentary) group. They will answer a questionnaire about health and exercise habits as well as leave blood samples and do a training exercise on treadmill. Echocardiography, cardiopulmonary exercise testing and immunological assays will be performed before, during and after the test.

Project time span

2013 -

Funding

Futurum, Jönköpings läns landsting

For more information, contact:

Emma Carlsson, emma.carlsson@lj.se