

**CHILDHOOD AND ADOLESCENCE: THE IMPORTANCE OF NUTRITION
AND
PHYSICAL ACTIVITY**

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Nutrition and physical activities are the mayor factors that will give health and life's quality to the children in the future. However, there are many inadequate concepts being used in respect of nutrition and physical activities and an enormous need of accurate elucidation and orientations in this area. The children's physical activity was always considered as spontaneous manifestation normally carried out in contact with the environment and scheduled by their owns. With the population growth in the big cities nowadays, the children have been limited in their spontaneous physical activities and restrained from the contact with the environment. Now, they frequently have to be in contact with adults in order to take an active life.

On the other hand, with the sport development, a great number of parents try to include their children in competitive physical activities in a premature age with the obsession of having a "champion child". This neurotic attitude may bring physical and mental problems to these children.

The adherence of the children to exercise depends upon some special aspects that must be considered:

- · Motivation,
- · Pleasure,
- · Personal option,
- · Recreation, and
- · Social adequate environment.

On the other hand, the child's adaptation to a unique kind of exercise will only come if compatibility criteria would be respected even from the neuromotor as to the energetic points of view. The tendency in applying chronological age tables that matches to sports initiation in different types of exercise has normally poor value because the chronological age is not and adequate indicator to achieve this purpose.

The child shows individual adaptation features to physical exercise that constitutes the adequate foundation for prescription. Because the children's physical activity is being guided by adults, leaving off that spontaneous way, the exercise prescription to the children is becoming specializes area (Kemper & Verschuur, 1991). (p.6.)